

JANUARY & FEBRUARY 2019



Malden House
part of the Hartford Care family



Newsletter



Fun is at the heart of everything we do at Malden House

We recently celebrated Dorothy's 91st birthday. Her Daughter, Ann, and her Grandsons came in and enjoyed a birthday cake and party with all the Residents and Staff! January is 'Well-being month' and we are pleased to welcome Josh, from Jurassic Physics for an exercise session. To keep us fit and agile, Josh teaches us different stretches, movements and muscle strengthening exercises. After the session, Josh brought a special guest to visit us – it is his Labrador called Murphy, who came to meet and greet our Residents. Barbara gave him a biscuit, so he was very happy! Happy New Year to you from everyone at Malden House!

Book Quiz:

1. In *Pride and Prejudice*, which of the five Bennet sisters is described by Jane Austen as, "the only plain one in the family"?
2. Famous author Roald Dahl wrote titles such as the 'BFG' and 'James and the Giant Peach'. He also flew a Hawker Hurricane plane, but in which war?
3. In F. Scott Fitzgerald's *The Great Gatsby*, who is the object of Jay Gatsby's affections?

Our Favourite Activities

We have a full activities programme where you can join us for arts and crafts, day trips. We are having a Dutch night and also an Egyptian night including food and drink. Come along and join in!

Our theme for January is 'well-being' month and in February we will be making the most of 'Library lovers' month to enjoy new hobbies and interests. Speak to Tracy if you would like more information.



Keep in touch with us on social media to find out about events and activities



www.facebook.com/MaldenHouseSidmouth/



<https://twitter.com/HartfordCareLtd>



REST & RELAX



MAKE NEW FRIENDS



JOIN US FOR LUNCH



EXPLORE NEW HOBBIES



TAKE A STROLL

VISIT: [HARTFORDCARE.CO.UK/OUR-CARE-HOMES](https://www.hartfordcare.co.uk/our-care-homes)

Answers to the book quiz

1. Mary 2. World War II 3. Daisy Buchanan



Come and see us: 69 Sidford Road, Sidmouth, Devon, EX10 9LR

Call: 01395 512264

Visit our website: www.hartfordcare.co.uk/malden-house