

MARCH & APRIL 2019



# Malden House

part of the Hartford Care family



## Newsletter



### Welcome to the home of fun: Malden House!

A day at Malden House brings fun, laughter and lots to do! A session of movement and stretch is often enjoyed by everyone who participates in Pilates classes. Love was truly in the air for Valentines Day, as flowers were delivered to loved ones as a surprise. We love a day trip into our Sidmouth community to meet new friends and learn something new! Malcolm, Jim and Derek told us that they miss playing golf so we organised a day at Sidmouth Golf Club. Trish and Ed love their nature walks along The Byes to enjoy the scenic views, and our time at the Donkey Sanctuary brought back fond childhood memories. Thank you to Sidmouth Youth Theatre for inviting us to watch "The Wiz" dress rehearsal recently. The young actors are so talented and our residents loved every minute of it. If you have any ideas for future activities or you would like to join us, let us know!

## Gardening Quiz:

Q1: Complete the missing word from this song: "Why do you build me up, \_\_\_\_\_, baby just to let me down, mess me around...?"

Q2: What is the national flower of Wales and worn on St David's Day each March 1st?

Q3: There is a pretty little flower that shares its name with a musical instrument. Which is it?

## Our Favourite Activities

We have a full activities programme where you can join us for arts and crafts, day trips to local Memory Cafes, museums and libraries to meet our community friends!

Our theme for March is 'craft' month. In April, we will be making the most of 'garden' month to plant seeds, nurture the shrubs and enjoy the spring weather! Speak to Tracy if you would like more information.

Hello

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



[www.facebook.com/MaldenHouseSidmouth/](https://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 garden quiz

1. Buttercup 2. Daffodil 3. Viola



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

Call: 01395 512264

Visit our website: [www.hartfordcare.co.uk/malden-house](https://www.hartfordcare.co.uk/malden-house)