



Welcome To Our Newsletter



Since the last edition of our Newsletter, we have celebrated two of the biggest dates on the calendar; Christmas and New Year! We must take this opportunity to wish you all the very best for 2024.

We are excited now to embrace the new year with lots of activities and fun events.

Also, if you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

[Newsletter Sign-Up Form](#)

Best wishes

Monique McBeath
Home Manager

Festive Celebrations



Festive Fun

We celebrated Christmas and New Year along with our residents, families and staff. As we bid farewell to the past and stepped into the promise of a brand-new year, we found ourselves filled with gratitude and excitement.

Christmas Baking

The baking club had been busy making tasty mince pies for the Christmas party, everybody enjoyed them with a nice cup of tea.

Live Entertainment

Entertainers came in to perform and sing, the residents had a great time singing and dancing to the Christmas songs.

Pantomime

A Christmas pantomime organised by the Capitol Theatre was the favourite activity for the residents. It was lovely to get out to see the show, and there were lots of laughs had by all! It brought in the festive spirit.

Christmas



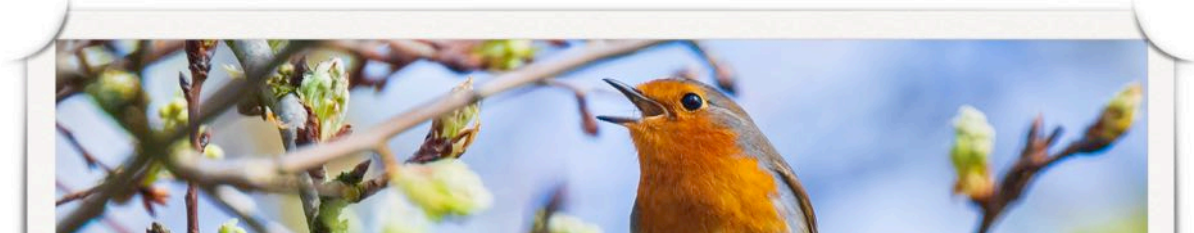
'Tis the Season...

Of course, Christmas would not be the same without a fabulous Christmas party! Residents and staff enjoyed singing along, dancing and jiving to the good music, enjoying refreshments, food and lots of colourful decorations.

On Christmas Day the highlight was our meal where we were joined by friends and families. Our kitchen team did a fabulous job serving up a traditional Christmas dinner with all the trimmings, it was very much enjoyed.



Varied Activities



Keeping Busy!

Research shows that having a diverse activities programme for residents in a care home can provide massive improvements to an older individual's physical and mental health. Residents have been busy throughout the month getting involved in various activities like bird feeding, pet therapy visits, crocheting, reading and painting.



Arts & Crafts



Creative Freedom!

Our residents are fond of arts and crafts, which is always a popular activity. Our classes motivate them to express themselves through arts and crafts and we were amazed by their impressive creativity in making decorations and paper crafts for the new year to decorate the home. We look forward to completing many more craft projects this year.



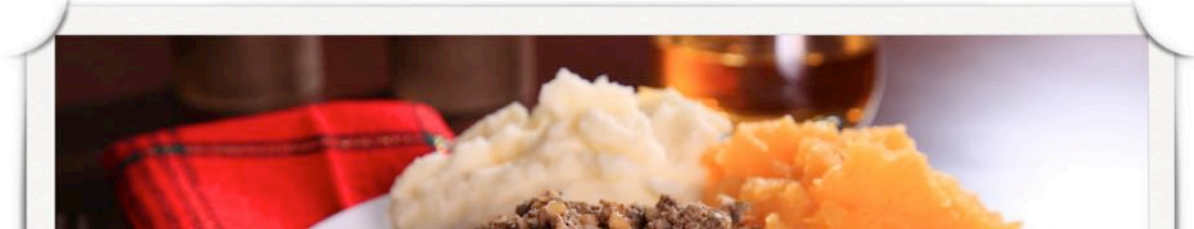
Keep Fit



Staying Active

We have also started an online gym session every Friday by Burns Gym to help keep us physically active. Here we are enjoying lots of movement, stretching and fun.

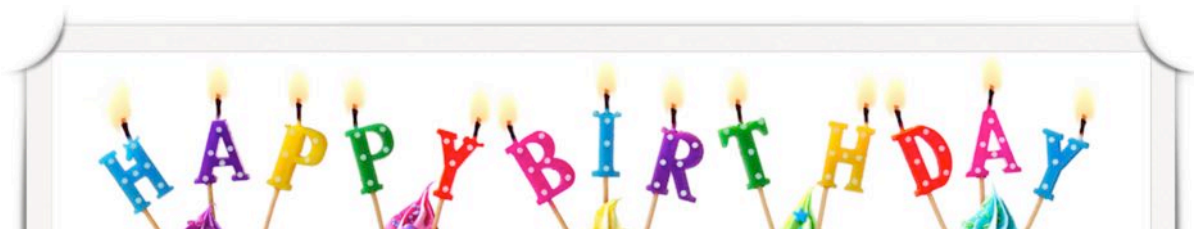
Looking Ahead



Looking Ahead...

For the rest of the month, we have organised an entertainer, a historic talk for Burns Day and many more fun-filled activities.

Birthdays



Happy Birthday!

Birthdays, special occasions and life events are always marked, personally and meaningfully tailored for each resident but always with love and friendship.

We wished John, Carol, Margaret and Anne a Happy Birthday. They received a homemade cake, cards, presents and well wishes from their fellow residents and families. Mary and Helen are going to celebrate their birthdays shortly. We all love celebrating these special days!



Social Media



Connect With Us

Make sure to check out our [Struan Lodge Care Home Facebook Page](#). Don't forget to 'Like' us!

Review Us



Your Thoughts Matter

All feedback is very much appreciated and we would be very grateful if you could spare a few minutes to write a review for us:

[Carehome.co.uk Review](#)

[Google Review](#)

Specialist Care For All

Struan Lodge is proud to provide Nursing, Dementia and Palliative Care for our residents in a secure, caring and friendly environment.



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