

News from 

WATERMILLHOUSE

CARE HOME

Dear friends

A fresh new season is here and our home feels bright and vibrant!
Here is a little peek into our fun spring adventures!



Green fingers

Now spring is here, our green fingered residents have set about re-potting the summer plants and giving our garden a spruce, like Shirley here! Shirley told us she has always been passionate about gardening, having once owned over an acre of land which she tended together with her late husband, growing vegetables and flowers. So, we were delighted to be able to help Shirley continue her passion at Water Mill House. And now the warmer weather is upon us, Shirley likes nothing more than to relax in the sun on her private patio surrounded by her colourful blooms.



Time to party



Spring has brought us many opportunities to celebrate with our residents, from sampling Welsh delicacies on St. David's Day to enjoying everything Irish on St. Patrick's Day! We got crafty making lucky Shamrock decorations out of clay, hosted a themed quiz and welcomed a performance by a troupe of local Irish dancers! We are proud of the stimulating and engaging environment our team nurtures at Water Mill House that enables our treasured residents to enjoy happy and fulfilling lives with us. And nothing demonstrates this better than when we recently celebrated our wonderful resident Gwen's 102nd birthday! All these parties certainly keep us feeling young!



Music and movement

For a little while now we have been enjoying weekly music and movement sessions with our inspirational trainer Danny! He does a great job at motivating our residents and helping everyone stay strong and flexible. Our seated exercise class is tailored to suit all abilities and incorporates gentle stretches and ball skills to build muscle strength - all set to a lively soundtrack of everyone's favourite songs! Then it's out with the pom-poms for dance class and a good old sing-a-long! This never fails to raise a smile and get everyone interacting - our favourite way to keep fit!



It's Easter time



Our residents have had a wonderful time welcoming Easter to Water Mill House. In the run-up to the big weekend we got creative making all manner of Easter crafts and had great fun decorating Easter bonnets for our parade! On Easter Sunday itself some of us gathered for a private church service before coming together for our fabulous Family Fun Day complete with Morris dancers, a bouncy castle and an Easter Egg Hunt! We had a cracking time!



With love,
Victoria Forsythe
Home Manager

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Hemel Hempstead, HP3 9BP, Tel: 01442 952349

**We always love reading your comments on Facebook!
Here are a few recent ones:**

"Looking happy and engaged. Thank you Water Mill." Meyer Family

"So nice to see your lovely smile again little bro and that you are enjoying music and movement." June

"Wonderful to see you looking happy and cared for." Molly



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