



St Anne's Residential
CARE HOME

The simple things are also the most extraordinary things.

Paulo Coelho



*Quiet days and winter cheer, Shared smiles to start the year.
In gentle moments, calm and true, A home of warmth begins anew.*

As we settled into January, our home has embraced a slower, gentler pace after the excitement of the festive season. The New Year has brought with it cosy afternoons, familiar routines, and plenty of opportunities to relax, connect, and enjoy one another's company.

Throughout the month, residents have continued to enjoy our regular chair exercises, helping everyone stay active and energised during the colder days. These sessions remain a firm favourite, often followed by laughter and light-hearted conversation.

There has been lots of fun and engagement through games and activities, encouraging friendly competition and shared enjoyment.

Our movie afternoons have also provided the perfect opportunity to relax together, with classic and well-loved films enjoyed alongside warm drinks and treats.

Creativity and comfort have remained at the heart of our days. Residents have enjoyed cooking activities, helping to prepare simple treats and sharing fond food memories along the way. One-to-one chats continue to offer valuable moments of companionship, reflection, and connection, while nail care and pamper sessions have provided a little extra relaxation and self-care.

January may be quieter, but it has been filled with meaningful moments — gentle laughter, thoughtful conversations, and the comfort of familiar faces.



Looking Ahead to February

February brings with it a touch of colour and celebration as we prepare for Valentine's Day. Residents can look forward to themed activities focusing on love, friendship, and kindness, including:

- Heart-themed games and decorations
- Music and films celebrating love and friendship
- Sweet treats and special afternoon teas

Our regular activities - exercise sessions, pamper afternoons, games, and movie times will of course continue throughout the month.

Did You Know? Valentine's Day Facts

- ♥ Valentine's Day has been celebrated for over 1,500 years, dating back to Roman times.
- ♥ The day is named after St Valentine, who is believed to have secretly married couples when marriage was forbidden.
- ♥ Red roses became a symbol of love because they were said to be the favourite flower of Venus, the Roman goddess of love.
- ♥ The tradition of sending Valentine's cards began in England in the 18th century, making it one of our oldest romantic customs.
- ♥ The oldest known Valentine's message was written in 1415 and is now kept in the British Library.
- ♥ Valentine's Day isn't only about romance - it's also a celebration of friendship, kindness, and caring for one another.
- ♥ Many people believe Valentine's Day is a time to share memories, laughter, and appreciation, especially with friends and loved ones.



Valentine's Day reminds us that love comes in many forms - friendship, kindness, and the joy of being together.

Thank you to all our residents, families, and friends for your continued support and visits. Your presence brings so much warmth to our home, especially during the winter months.

We look forward to sharing many more moments together as the year unfolds.

Address:

St. Anne's Residential Care Home
Burgess Hill, West Sussex, RH15 8EL

Phone:

+44 1444 233179

Email:

info@stanneshome.co.uk

Website:

www.stanneshome.co.uk