

Marsden Club

NEWSLETTER

2016

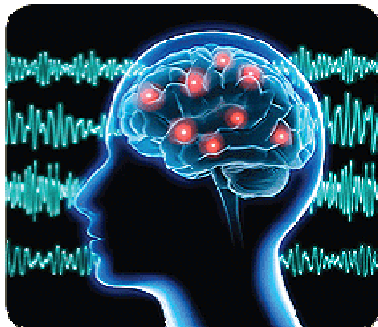
December
Dec 6 10 16

**We are closed from
22nd December to 8th January.**

**We are open again on
Monday 9th January 2017.**



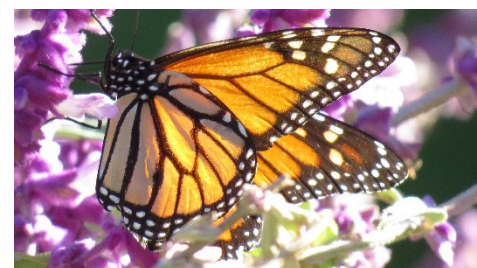
Our Christmas lunch was a great success. 82 people attended and enjoyed the lunch, music, and Christmas singalongs. The raffle drawing completed the successful event. Thank you!!



Sensory Stimulation can help Alzheimer's patients. Using everyday objects, sounds, smell, taste, and touch can trigger or refresh memories and emotions, also it can stimulate or renew memory imprints in the brain. Listening to sounds is a very important aspect of keeping in touch with our senses. From November we implemented new Sensory Stimulation Exercises. The other introduced activity is a physical exercise using small soft balls, which improves coordination, focus, and strength. An important benefit is that it encourages using both hands. Apart from all the benefits these activities give, they are very enjoyable and help maintain existing skills.



Christmas is the Most Wonderful Time of the Year. We wish you were here to see how our members enjoy making Christmas cards and decorations. They are even happier to take these home to their family.



Signs of summer are visible all around us. Enjoy every moment of it.

SUMMER

Hair gets lighter. Skin gets darker.
Water gets warmer. Drinks get colder.
Music gets louder. Nights get longer.
Life gets better

**We love to
be here**

Warm Regards from the Marsden Club

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