

SHAKTI LODGE

NEWS



October 2023—Autumn Issue

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Shakti Lodge

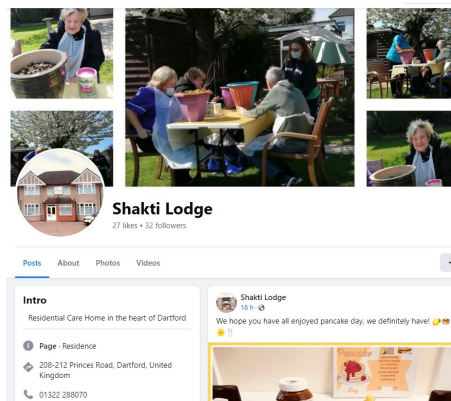
Shakti Lodge

Care in the heart of Dartford

Providing respectful, kind and genuine care
in a safe and homely environment.

Interact with us on Facebook!

Please search **Shakti Lodge**



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admin.shakti@achg.co.uk

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What we have been up to

We enjoyed a visit from the Guide Dog Association on Monday 2nd October 2023. Steven has visited us here at Shakti Lodge a number of times now and brings along one or two of his therapy dogs for us all to interact with.

A regular guest is Suzie the Labrador. Suzie is a friendly, calm and very intelligent dog that our residents love to pet and spend time with. Our residents enjoy the communication with Steven, often asking lots of questions about Suzie and sharing fond memories of previous pets of theirs.

We would like to say a huge thank you to Steven for his continued visits here at Shakti Lodge, bringing joy to us all and making a difference to our day.



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What we have been up to

On Friday 6th October, we enjoyed a lovely trip out to Dartford lakes. Here we enjoyed a serene walk around the beautiful lake and watched the wildlife. The fresh air and beautiful setting was admired by us all. To finish off, we decided a pub visit would be a nice way to end the day. We went back to the Bear & Ragged Staff, a pub located in Crayford, which we have previously visited before, for some pub grub! We all enjoyed a delicious meal together and are looking forward to visiting again soon.



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Arts in Care Homes

Art Week Event

In September we took part in 'Arts in Care Homes' week. This event ran from Monday 18th September to Sunday 24th September 2023. The national day for Arts in Care Homes fell on Sunday 24th September 2023.

The theme for this year was 'reflections'.

At the end of the week we had proudly put together a beautiful scrap book with the help of friends and families. This scrapbook showed childhood memories, photos and more. This brought a lot of conversation to the home that we will continue to build on and cherish.

The vote for favourite childhood memory was going to the beach and so we decided as a group we would make our own beach themed knitting landscapes, reflecting on visiting the seaside and the wonderful memories that holds for us all.

Lastly, we made a words of wisdom tree. This tree held keyrings made by us with our own words of wisdom. We displayed our wisdom tree at our entrance and invited our visitors to each take one to keep.

We had a wonderful time celebrating this event and enjoyed putting our memories into art.

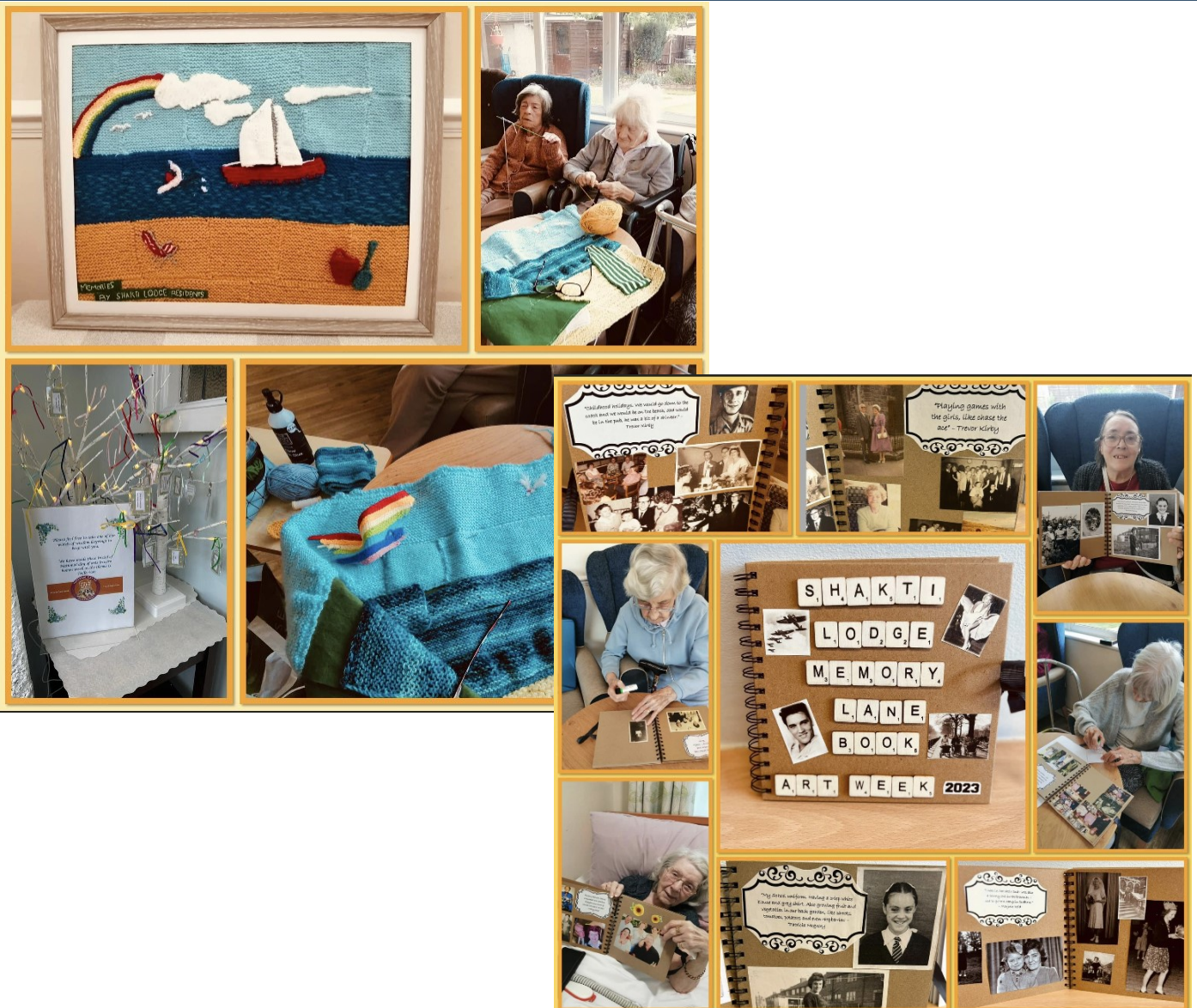
See the pictures of our artwork on the following page.

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Arts in Care Homes

Art Week Event



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Our garden

Through the spring and summer we have been enjoying lots of time in our garden growing our own fruits and vegetables. Our apple tree has grown lots of apples this year and our tomatoes plants have provided many lovely tomatoes too!

We even grew our very own Swiss chard, a leafy spinach beet.

We are looking forward to growing more next year.



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admin.shakti@achg.co.uk

212 Princes Road, Dartf



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Thirty Under 30

- Insert from the Care Show Awards Website

“The Care Show is delighted to announce a brand-new initiative, dedicated to fostering young talent in the care sector today. The Care Show Thirty Under 30 celebrates tomorrow’s leaders and their successes, together as a community. The

Class of 2023 will gain recognition from their peers, receive official acknowledgement for their achievements so far and join a support network of like-minded individuals leading the sector to a brighter future.”

We would like to take this opportunity to congratulate our very own, Nicola Murphy, Home Manager of Shakti Lodge Care Home.

Nicola was recently nominated into the thirty under 30 care show awards. We are delighted to announce that Nicola made the 2023 class of winners!

Well done Nicola!



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Staff at Shakti Lodge

In each issue of our newsletter, we like to include a page about our wonderful staff at Shakti Lodge.

We hope this gives everyone a chance to get to know the team working here from night staff ,to day staff and individuals working in all different departments.

Please welcome Monique...

Monique is a Care Assistant working days at Shakti Lodge. Monique joined Shakti Lodge in January 2023 and has quickly become a valued member of the team.

Here is what Monique had to say about working here:

“Shakti Lodge is a lovely place to work. It’s a very homely home with a fantastic team that I am proud to be a part of.”



(Left) Monique Saint pictured with our Senior Care Assistant Martina Laurent (right)



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What we have to look forward to

As always we have lots to look forward to at Shakti Lodge...

Halloween is fast approaching and we are looking forward to having our own celebration. Our home has been decorated for Halloween and we are hoping to carve pumpkins on 28th October 2023!


Take a look at some of our posters of other upcoming planned activities.



BOXERCISE®

On Thursday 16th November at
10:30am

We are looking forward to having
Mark Fenge visit us at Shakti Lodge
to run a Boxercise workshop.



*Remember, Remember,
the 5th of November*

*Saturday 4th November
Chocolate apple making
& Arts & Crafts*

*Sunday 5th November
Sparklers &
Hot Chocolate & Marshmallows*



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What we have to look forward to

National Vanilla Cupcake Day

On Friday 10th November it is National Vanilla Cupcake Day. We have decided to get involved in the fun by having a cake decorating workshop. Plenty of vanilla cupcakes will be available for all who would like to join us in decorating them. Lots of different coloured icings, icing pens, and sprinkles to choose from. In honour of Reembrace Day (11th November) we will also have some poppy cupcake toppers.

The best part... we get to enjoy them after!



We're supporting
Children in Need!

On Friday 17th
November, we will be
wearing yellow and
making yummy Pudsey
bear cupcakes!

DIWALI 2023



On Monday 13th November, we will be celebrating Diwali at Shakti Lodge. Our tasting trolley will be filled with lots of traditional yummy foods. We will be making our very own beautiful lanterns too.



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Christmas Party

It's the most wonderful time of the year...



CHRISTMAS PARTY

03.12.2023

Please join us from 3pm at Shakti Lodge Care Home

- * Special performance by the Two Bows
- * Festive drinks and food for all
- * Fun & party games!



Puzzle time

Halloween Word Search

Q M T J V M P L P L S W R Y N Y
S B R L E F W H X B V C L P K W
P H P Q V F T O S H T F X H X H
O B F H D J I J N O T E L E K S
O R Q C A N D Y I F U Q I O O B
K G H O S T S L K J J E N D O S
Y M Z L G J F C P H E K Y J X Y
I T E C O S T U M E S L A H X A
V G A X B K L M U M M Y H A K S
E A A B L Z S T P P I B U L H M
D M W F I T P A R T Y Q G L C U
A E Y Q N U G E S S L H Z O T S
S S B J E C C R F F K X P W I Y
T R I C K U P T J A S L Z E W E
F T Z Q W P X B J Q A B I E U W
M T V C R J K U D T M U S N H O

BOO
GAMES
HALLOWEEN
PARTY
SPOOKY
WITCH

CANDY
GHOSTS
MASK
PUMPKINS
TRICK

COSTUMES
GOBLIN
MUMMY
SKELETON
TREAT



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