

SHAKTI LODGE

NEWSLETTER

July 2024—Summer Issue

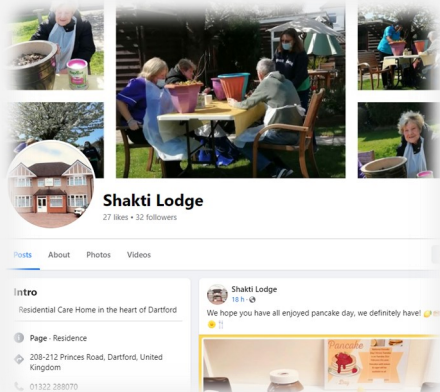


Shakti Lodge

Care in the heart of Dartford

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

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Shakti Lodge on Facebook

Easter 2024

We had a wonderful Easter at Shakti Lodge. We celebrated by enjoying some delicious chocolate eggs and hot cross buns together. We also made our very own Easter bonnets and then held a parade in the lounge and even joined in together to make our very own Easter hanging art.



Euros 2024

At Shakti Lodge we have been tuning into the Euros on TV. We are all enjoying supporting our favourite teams and cheering them on! We have all had the opportunity to take part in a friendly sweepstake where we each drew a team from a hat, the person with the winning team will win a prize!



Spring Garden Party 2024

We look forward to hosting our garden party every year, unfortunately this year the weather was not on our side. However, we didn't let that stop us and held our party indoors instead.

We had a wonderful performance from the performers, 'Two Bows', which got everyone up and dancing and a delicious buffet was put on by our cook. We even had our very own Pimm's drink station!

After our party, we received some wonderful feedback, which has been lovely to hear. We had a brilliant turn out, with lots of family and friends coming to visit us and join in on the fun.

Thank you to all who came and made our day extra special! Here's to next year's!



What have we been up to

Our Activity Co-ordinators have been working hard to plan fun activities for us to enjoy at Shakti Lodge, from celebrating D Day to enjoying Carer's Appreciation week, we have had lots of fun. See some of our recent activities pictured below.



A look around our garden

We are really proud of all the beautiful plants in our garden this summer. We have lots of bright, beautiful flowers in our hanging baskets and flower beds that bring a smile to us all. We are especially proud of our new wild flower bed, which is the first picture below. Wildflowers provide bees, butterflies and other pollinators with food throughout the year and although our wild flowerbed may be small, we are hopeful it will help!



Wimbledon 2024

Wimbledon has commenced in July and at Shakti Lodge, we were ready and waiting! On July 4th, we will be enjoying a Wimbledon themed arts & crafts session by Nina from Creative Mojo. Nina has been visiting us once and sometimes twice a month, to deliver some brilliant art workshops. We have really enjoyed having her run her group workshop and have all created some fantastic art which we like to display proudly in our home.

After we have finished our arts & crafts workshop on 4th July, we thought what better way to celebrate Wimbledon, than enjoying some delicious fresh strawberries? Delivered from our local farm supplier ...with cream of course!



What we have to look forward to

We have lots of fun planned for the summer months, take a look at some of our activity posters for the remainder of July!



What we have to look forward to

11TH & 25TH JULY 2024



SHAKTI LODGE PRESENTS

NATIONAL ROCK AND ROLL DAY

SUNDAY 7TH JULY 2024

ROCK ON!

SHAKTI LODGE

NATIONAL ICE CREAM DAY

JOIN IN THE FUN OF NATIONAL ICE CREAM DAY AT SHAKTI LODGE
SUNDAY 21ST JULY 2024

MAKE YOUR OWN ICE CREAM
SUNDAES AT OUR VERY OWN ICE
CREAM TOPPINGS STATION



NATIONAL RUM DAY

OUR VERY OWN RUM COCKTAIL
MAKING AT SHAKTI LODGE

09.07.2024



Shakti Lodge Presents...

Garden Games Day

FUN IN THE SUN

JULY 10 2024

JOIN IN THE FUN ON OUR GARDEN GAMES DAY, WHERE A SELECTION OF FUN FILLED GAMES WILL BE SET UP IN OUR VERY OWN LOVELY GARDEN FOR ALL TO ENJOY!



What we have to look forward to

World Friendship Day Arts & Crafts with Nina from Creative Mojo

I am thankful for having a friend like you.



NATIONAL TROPICAL FRUIT DAY



At Shakti Lodge we will be enjoying tropical fruit day on Thursday 18th July by making and tasting our very own fruit kebabs! We hope to get our hands on some delicious tropical fruits for all to try!

WEDNESDAY 31ST JULY

AVOCADO DAY

THERE ARE MANY BENEFITS TO EATING AVOCADO SUCH AS... IT IS A GREAT SOURCE OF FIBER, ANTI-INFLAMMATORY AND IT CONTAINS PLENTY OF VITAMINS! SO WHY NOT ENJOY SOME DELICIOUS FOOD ON AVOCADO DAY. JOIN US AT SHAKTI LODGE FOR SOME HOME MADE GUACAMOLE AND CRISPS, AND MORE AVOCADO BASED TREATS!



Trips out

All being well, we are hoping to enjoy two trips out this month...

On Wednesday 17th July, we are hoping to return back to the Fen Bell Inn Zoo in Medway, Kent. We had a brilliant visit when we last came and all thoroughly enjoyed seeing all of the animals the Fen Bell is home to.

On Wednesday 24th July, we are hoping to go out for a pub lunch. This is always a popular suggestion at our residents meetings and one we all look forward to!



Join your loved ones for tea

Did you know that you can join your loved ones for tea at Shakti Lodge?

We love it when our friends and family come to visit, and so we invite you to also visit us and enjoy mealtimes with your loved one too! We understand that for many of us, our favourite family, quality times, are when we are sat sharing a meal together and enjoying conversation over a delicious lunch or dinner.

Simply, inform the Home Manager on when you would like to come to visit and if you have any dietary requirements and allergies so that we can let our cooks know and we can arrange the rest!



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.

We also like to celebrate our amazing staff and would like to take this opportunity to congratulate Stella, Care Assistant, whom has recently graduated with a masters in International Business Management from University of Sunderland, London campus—Well done Stella!

Here is what Stella had to say about working at Shakti Lodge:

“Working in Shakti Lodge has really helped me develop a deep appreciation for the elderly. I like that Shakti Lodge has helped me realise how compassionate and supportive I can be naturally. Talking and relating with the residents in Shakti Lodge is very fulfilling for me”



Carehome.co.uk

Online reviews



PLEASE TAKE A MOMENT TO REVIEW US

Scan the QR code below and enter
your review on **carehome.co.uk** for
Shakti Lodge



Alternatively, visit carehome.co.uk/submitreview
or pick up a carehome.co.uk review card

Your Say Matters

At Shakti Lodge, we encourage feedback from both staff, visitors, and our residents. Your say matters to us and helps us to continue to strive for excellence.

Did you know we have a suggestions & reviews box in the entranceway of our home? This box was recently installed earlier this year, to give our visitors the chance to have their say. When we receive suggestions in this box, our Home Manager collects these and reviews and acts on them. Please feel free to pop a review slip or suggestion into the box when you next come to visit us!

Lastly, our newsletter is made for the benefit of our residents, staff, visitors and families. Is there something you would like to see included in our newsletter?

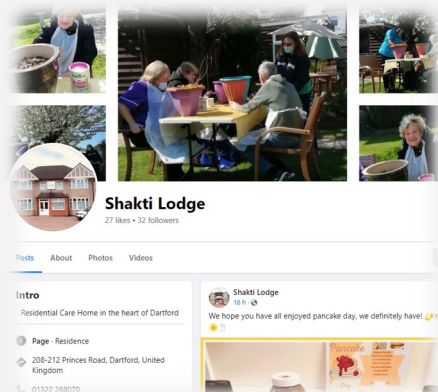
Please email admin.shakti@achg.co.uk.

You can also find our newsletter in the porch when entering our home and online on our website at www.achg.co.uk.



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Summer Word Search

spring into
SUMMER WORD SEARCH 

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BEACH
POPSICLE
SUN

SWIMSUIT
LEMONADE
TAN

BOAT
SUNGLASSES
TOWEL

SHELL
ICE CREAM
WATER