

Sunnymead celebrate the end of a busy year!

As the curtain closes on 2012, the Residents who live in the Sunnymead community celebrate what has been a very busy year! From Olympic Games and coffee mornings to concerts and summer trips, there has certainly been plenty to keep Sunnymead residents busy. Activities and events, chosen and planned by Residents every month, which ensures that there is something to keep everyone occupied and engaged on a daily basis.

2012 seen the launch of Sunnymead's Healthy Aging Club, which includes services such as Stay for the Day and the Luncheon Club. These services help support older people to live at home for longer, while promoting social interaction and independence. Members of the Healthy Aging Club are encouraged to participate and get involved in the activities and projects that are going on.



A recent project in the Sunnymead calendar was the launch of the Residents very own choir which they voted to name the 'Sunnymead Sunshine Choir'. The choir debuted at the Christmas Concert at the beginning of December, and sang some festive tunes for the audience. The concert also included performances by guest musicians, poetry readings and a festive raffle. A fantastic £220 was raised for the Residents Comfort Fund, which helps to support Residents to live happy, fulfilled and purposeful lives from Sunnymead.

Staff and Residents in Sunnymead are already hard at work planning for 2013, where they can look forward to many more exciting events such as future performances by the Sunshine Choir, The Make a Wish campaign and a charity Abseil down the Europa by the staff.

If you would like to know more about Sunnymead living, or are interested in learning more about the variety of services that we offer, please do not hesitate to contact us via tel: 02837523866 or email: admin@sunnymeadrh.com.

Looking back at 2012

In addition to in-house activities and regular outings to coffee mornings and flower festivals etc, Residents avail of regular opportunities to get out and about:

February: Valentine's Lunch and entertainment at Corrick House

March: Trip to Armagh Planetarium

July: Summer Outings – Enniskillen, Warrenpoint and Carlingford

August: Sunnymead Olympics

September: Sunnymead Annual Coffee Morning. Residents take part in Big Care Home Conversation.

November: Nathan Carter Concert in Armagh City Hotel

December: Christmas Concert, headlined by the 'Sunnymead Sunshine Choir'. Sleeping Beauty Pantomime at Marketplace Theatre, Armagh. Choir sings for students and teachers in Saints and Scholars Primary School.

