

# Lodge Life

SHEDFIELD LODGE MONTHLY NEWSLETTER

## These Boots Were Made For

Starting off with a sing-song this month.

"... and I would walk 500 miles,  
and I would walk 500 more..."



## Walking

### This Issue

Taking Steps

Looking Good

Music Mayhem

What's On

Well maybe not quite that far, but staff here at The Lodge did manage 13km (8 miles) in aid of the Alzheimer's Society.

Aptly called the 'Memory Walk' took place on a beautiful Saturday afternoon, starting off from the home our route took us down to Wickham square and along the West Meon Valley Trail.

Meeting well-wishers along the way, our buckets were filled with kind donations and the opportunity to chat with the locals.

It was no surprise that Carole and Cassie would lead with some heart-warming vocals along the way! Who needs an iPod when they are around?

We are proud to have raised over £360 so far and should you wish to help, you can donate with the 'JustGiving' link below.

<https://www.justgiving.com/fundraising/mw227085>



Also supporting our walk was our canine friends Darla and Stella who briskly led the way.



### Memory Walk

Run by:  
Alzheimer's Society

### About the campaign

This year over 110,000 people walk united, against dementia. We aim, with your help to raise over £9 million to help anyone affected by dementia.

### "Beauty's Only Skin Deep"

...A song by The Temptations from 1964 which, includes the line 'You have a pleasing personality'

And this lady certainly has.



Welcome Mary-Ann, who not only is an experienced Trainer, but joins us with her other skills for some 'Pamper Time.'

Our residents were treated to hand massage, pampered nails, and other beauty treatment with oils and aromatherapy.

We are pleased that she will also be visiting us regularly.

...Alas, she was unable to stay for a whole week to sort me out!!

TOGETHER  
WE  
CARE



## Shakin' All Over

With the help of our new entertainer Becki, we delighted our residents this month with a session called 'Music for the Mind'

Starting off with a few light stretching and breathing exercises, we moved on to some funny and relatively simple tongue twisters.

Certainly had a giggle or two with this!

Moving on, we then engaged in some action songs such as 'I am the music man' - great fun.

Next it was time for a 'sing-a-long' with the help of some books with the words, to some of our favourite tunes.

In addition, we passed around various percussion instruments, from bells to tambourines and brought the lounge to life with our very own orchestra! I certainly enjoyed the company of 'Bee' as we played along on a tom tom drum and wood block. For a moment I thought we were in Africa.

Also, I must say a thank you to our family member Julie, who has kindly donated a wonderful tambourine to the Lodge. It will certainly be well used.

We closed the session with a quiet song and some gentle 'warm down' breathing and loose exercise.

Maybe as a group we won't have a hit single, but if we continue like this, who knows? Certainly we can put shame to some of the music that is around at the moment, can't we?



## "There's No Business Like Show Business"

**TUESDAY 10th October  
6pm**

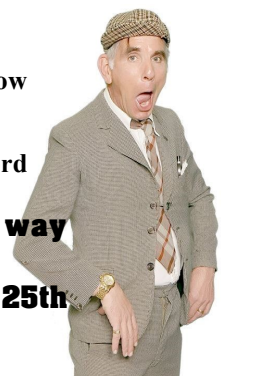
**It's sure to involve Music,  
Song & Laughter from  
The Good Old Days**

**Norman  
Wisdom  
Tribute Show**

**Featuring  
Glen M. Ford**

**Laughter all the way**

**WEDNESDAY 25th  
October  
2pm**



Another busy month and more to look forward to in October at The Lodge.

We continue to evolve and strive to do our best and we always welcome any feedback or suggestions. Certainly if you would like to leave a review about us, please complete a card in the foyer on your next visit or ask anytime for details.

**When Will I See You Again...** Next month of course :)



[mark.faulkes@shedfieldlodge.co.uk](mailto:mark.faulkes@shedfieldlodge.co.uk)

[www.shedfieldlodge.com](http://www.shedfieldlodge.com)

*Look forward to the next edition of  
Lodge Life*

*Until then...*

*See you soon,*

*Mark*