



Four Seasons Health Care

# Keep making memories with Magic Moments Together

MAGIC MOMENTS Together

**We believe in living life to the full. That's why we're so passionate about supporting residents to participate in vibrant, stimulating activities. We call them 'Magic Moments'.**

Our Magic Moments programme encourages all-round wellbeing with a range of vibrant interactions to stimulate the Mind, Body and Soul. You decide a personal programme, which can focus on keeping the mind sharp and agile, the body fit and mobile, and the soul and spirit lively and engaged through entertainment, challenges, discoveries and personal interests.

Our Magic Moments Coordinators create an ever-changing variety of opportunities, built on our residents' past experiences and interests. Our team members ensure each resident is offered the chance to re-ignite talents, find new hobbies, and involve family, friends and the community in exciting events in our homes.

As magic moments are unique to each individual, our Magic Moments programme reflects this too. It is carefully tailored to meet each resident's individual needs and preferences in the best possible way.



## Mind, Body & Soul

Our 'What's on' programme can be found on our Magic Moments noticeboard in each home. There are a range of activities to support health and wellbeing throughout the week with each focussed on physical, mental or social wellbeing.



Visit: [fshc.co.uk](http://fshc.co.uk)



**What's on this week: 20th September**

**MONDAY**

10:00am  
**WELCOME TO THE WEEK!**  
Ground Floor and First Floor Lounge  
Your introduction to the week's programme

11:00am  
**IT'S TIME FOR OOMPH!**  
Ground Floor Lounge  
Exercise to kick the week commencing chair based exercises and clapper noise!

2:00pm  
**MAGIC MOMENTS MAGAZINE**  
Second Floor  
Let's explore the new facts and queries.

Also

2:00pm  
**HAND MASSAGE**  
Ground Floor  
Take some time to relax.

10:30am  
**POPPING OUT!**  
Come and join us for a day at The Black Country Museum! Please let us know if you would like to attend.

Also

10:30am  
**IT'S GIANT SKITTLES!**  
Ground Floor Lounge  
Time for fun with the skittles!

2:00pm  
**CAKE MAKING**  
First Floor Dining Room  
Let's do some cake making and see who can decorate.

3:30pm  
**BAKE OFF**  
Ground Floor  
Fun learning today's fantastic treats.

**TUESDAY**

10:30am  
**MAGIC MOMENTS MAGAZINE**  
Ground Floor Lounge  
Let's see what new quizzes and memories have been added today!

2:00pm  
**BROADWAY QUIZ**  
First Floor Lounge  
Come and join us for a good quiz and let us see if anybody can knock Down off the top of the chart!

3:00pm  
**THE WALKING CLUB**  
The Walking Club will visit the lovely Povey Park. Meet at reception.

**WEDNESDAY**

10:30am  
**IN THE NEWS**  
Ground Floor Lounge  
What's going on around the world?

11:30pm  
**PICNIC IN THE PARK**  
Come and join us for a lovely picnic in the park.

2:00pm  
**BEAUTY WITH JULIE!**  
First Floor  
Hair and nails time.

Also

2:00pm  
**THE POTTING SHED**  
In the garden to plant our latest seeds.

**THURSDAY**



*The Magic Moments Portal* is unique to Four Seasons Health Care and provides rich 'on demand' content to support our activity programme and is available to our team and residents where and when they want it. It brings new ideas, fun and entertainment, learning opportunities and offers a chance to travel virtually to places familiar and new.



### Online content

That was the week that was! Amusing news from back in the day can all be viewed with our weekly updated online content. See that famous goal, remind yourself of the number one song that week or catch up on some old British Pathe news footage.

### Quizzes and Games

Our fun quizzes keep the mind active and encourage everyone to join in. Quizzes are pitched at every level to create an opportunity for success and we even have an inter-home quiz to raise the stakes a little.

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**MAGIC MOMENTS** Wednesday 21st September  
19th September - 23th September 2022

**1955 - Britain Claims Rockall**  
On this day, the Admiralty announced that Britain had formally claimed Rockall, a rocky islet 300 miles west of Scotland, to stop the Soviets spying on missile tests. Two Royal Marines and a civilian naturalist raised a Union flag on the island and cemented a plaque.

**1915 - Stonehenge**  
Stonehenge was sold at auction for £6,600 today. Cecil Chubb had no intention of bidding at the sale, but bought it 'on a whim' as a gift for his wife (who was none too pleased). He later handed the monument to the nation. His condition was a shilling entrance fee.

**1961 - Shirley Bassey**  
Welsh singer, Shirley Bassey was Not in the UK Singles Charts with a double sided single 'Reach for the Stars' and 'Climb Every Mountain'. She is best known for singing several James Bond film theme tunes, 'Goldfinger', 'Diamonds are Forever' and 'Moonraker'.

We have our own Magic Moments newspaper, so that together we can travel through the years. This is a great conversation starter which family members and residents can enjoy together during visits to the home. If you like crosswords, word searches, spot the ball and much more, we also have a weekly games pack.

### Memory Spotlight

Who doesn't love a trip down memory lane? Here you can relive great times and memories from years gone by. TV shows from the 60s are a firm favourite of many.

### Live Events

A daily programme of live events including dancing, French or Spanish classes, Photography, Live tours, the Four Seasons Radio Show and Quizzes. We have partnered with sector experts danceSing, Eldercate, Oomph! and Heygo to offer something for every interest. The variety within this section is constantly growing and don't worry if you miss a live show, you can watch on catch up.

### Holistic Sessions

Yoga, dancing, relaxation sessions or light exercise all help to boost mood and wellbeing. Relax with our live views, including a window onto the African Bush, barn owls nesting or NASA or perhaps take a 360 degree tour of somewhere interesting such as Pompeii or Buckingham Palace.

### Events

A plethora of ideas and themed events throughout the year engage residents, family and friends.

### Music and Singing

Enjoy songs through the years with M4D Radio and a sing-a-long.



# The Magic Moments Together Programme

Our regular residents' meetings and information gathered from life stories ensures that we offer and develop activities that appeal to everyone. Our 'Welcome to the Week' introduces the weekly programme to residents and offers the chance to find others with similar interests and attend activities together.

We put together celebrations throughout the year which are open to friends and family and our local community quite often get involved too.

## Hobbies & Pastimes



## Fresh Air Activities



## Musical & Entertainment Activities



**We love to take advantage of sunny days and make the most of our outdoor space as well as resources we have on our doorstep.**

All aimed at helping residents enjoy fresh air and a range of trips and excursions. Do a little gardening or bird watching to lift the spirits or perhaps pop to the shops or a local attraction. Many of our homes also benefit from a mini-bus for trips a little further afield.

There's so much on offer, take a look at our Magic Moments activity board when you visit and find out what we're doing today!

*"Nothing is too much trouble. During his stay, Dad has enjoyed trips to Blackpool, social club and snooker club."*