



July 2023

The Steppes newsletter



Visit from ebony



The Steppes Garden Club



Trip to the lake



Silent disco

Dear friends

Well, what wonderful weather we've had throughout June, fantastic for day trips and getting out in the garden, all of which have been taken advantage of wherever possible. So lovely to see our residents, enjoying the sunshine and the activities on offer.

In July, we have some wonderful entertainment coming up, more of our favourites, a continuation of the new Steppes Garden Club with Caroline on a Friday morning, more boat trips, and trips out to the lakes at South Cerney. Those who are able to, have had some lovely walks around Nailsworth with Chris, our friendly volunteer and we hope there will be more walks to come throughout July.

On Tuesday the fourth, we have a fantastic violinist who is coming to play us an hour of classical music (for those classical buffs amongst you), he has an amazing reputation and he's a lovely player, so I think this will be something quite special. We have Roger bringing his gong yoga on the eighth, and Mark and I will be tuning up for a performance for you on the 18th.

for an arts and crafts project this month, I will be helping residents make a nameplate for their room, this will be a photograph of your choice and any images you would like to add in, there are a lot of you so bear with me, and I will get to you eventually!

Hot on the heels of Italian and Indian day have a little think about our next themed day,.....shall we be eating Greek, middle eastern, or Mexican food? Hmmm I wonder 😊

Finally, just a few housekeeping comments: 1. at very long last, we've got rid of the scaffolding (yay!) 2. Don't forget, to request hair appointments if needed and 3. Please ensure all clothing is clearly labelled to avoid loss of items and confusion in the laundry room. Thank you in advance.

Looking forward to seeing you all in July, and spending more enjoyable time together..

Best wishes to you all

from Karen and all the team at The Steppes 😊



Yet another popular mindsong visit



Here come the girls!.... Oh, and Chris 😊



Boat Trip....Ship Ahoy!