

The Willows Whisper



Welcome into the summer!

Moonlight, Summer Moonlight

Poem by Emily Jane Brontë

'This moonlight, summer moonlight,
All soft and still and fair;
The solemn hour of midnight
Breathes sweet thoughts everywhere,
But most where trees are sending
Their breezy boughs on high,
Or stooping low are lending
A shelter from the sky.
And there in those wild bowers
A lovely form is laid;
Green grass and dew-steeped flowers
Wave gently round her head.

How we celebrated Queen's Jubilee Week, June 2022

Four days of uninterupted good fun and entertiment !

“Very pleased to know that all our residents and staff had a great time celebrating the Platinum Jubilee. My thanks to everyone that made this possible. Nothing more pleasing then seeing everyone having a great time. Best wishes,”

Arvind R Patel
Group Chairman





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What else we have been up to:

- We had special cuddles



- We raised some money for good cause on Wrong Trousers Day



- We kept our brains occupied



- And relaxed our bodies





Major health benefits of socializing

- Better cognitive function. Being social keeps you mentally engaged and is important to prevent the onset of dementia or Alzheimer's disease.
- Better emotional health. Much like physical exercise, being social helps keep you in a positive mood. This helps ward off depression and anxiety and reduces stress.
- Boosted immune system. Studies show that seniors who stay engaged with others have higher levels of immune-system functioning.
- Improved physical health. Socially active seniors tend to be more physically active as well. Plus, they tend to eat more and make better food choices when eating with others.

ENJOY THE SUNSHINE!