

Happy Christmas

DECEMBER 2023

Welcome to the Christmas edition of the Rainbow Care Group York's famous newsletter.

A Winters Tale

The nights were drawing in and all the staff from the Rainbow Care Group York were sat around the crackling fire whilst corks popped out of numerous bottles of mulled wine. One member suddenly asked 'What do we all want for Christmas?'

There was a moments silence followed by a loud shout.

A NEW VENUE!!

A note was hastily written and sent away to Santa with the request. Some of the staff were really worried, having not been particularly good through the year (especially where alcohol was involved) and were not sure if Santa would grant the wish.

However, despite the naughty actions of some, Santa has amazingly obliged and our second venue will now open on Friday 5th January 2024!!

**"5th January - 2024"
New Venue"**

CHRISTMAS PARTY

Thursday 21st December
All welcome for a singalong



WHAT CAN I HEAR & SMELL?

It must be our Christmas Party with Music, Dancing & Freshly baked Mince Pies

Everyone is welcome on Thursday the 21st of December starting at 2.00pm. We have some world class live music, dancing games & guaranteed fun.

Start your Christmas early this year at our Osbalwick Day Club.



**6 time Great British Care
Award Winners** in the
Dementia Carer category

The Rainbow Care Group- York



The Rainbow Care Group- York

01904 593571



york@therainbowcaregroup.com



therainbowcaregroup/locations/york

LATEST NEWS

CHRISTMAS MUSIC - 21st DECEMBER

We are having a musical event on Thursday 21st December from 2pm. Everyone is invited from clients and carers, to social workers and commissioning staff... and everyone in between! Mince Pies and Christmas Carols will follow.

This will be held at our Osbaldwick Club. We'd love to see you - just let us know if you are coming. Seriously, EVERYONE is welcome.



POOL

A sportsman never loses the need for a bit of competition & the banter that goes with it!

We recently had a new client arrive for a taster day & we were told by his family that he used to love playing pool but couldn't play now as he was no longer capable of holding a cue.

By the end of the morning, and with no real encouragement needed, he was up playing a couple of frames and had a great time.

For the record, it ended in an honourable 1-1 draw.

PARACHUTE GAME

One of our favourite games which helps to strengthen the upper body muscles, refine perceptual motor skills and develop a sense of rhythm.

The up and down movements using the arms make it a great upper body exercise.

Even better is the fact that our clients don't realise they are having a workout because they are having so much fun trying to keep the balls from falling off the edge of the parachute!



WORD SEARCH



Another favourite for the brain boxes within the group.

Someone picks a long word and the group has to come up with smaller words of 2 or more letters using only the letters in the longer word.

No plurals, names, repetitions or swear words allowed!

Our record to date is 121 different words from the word 'ENTERTAINMENT'. See if you can beat that!

OUR AMAZING NEW VENUE



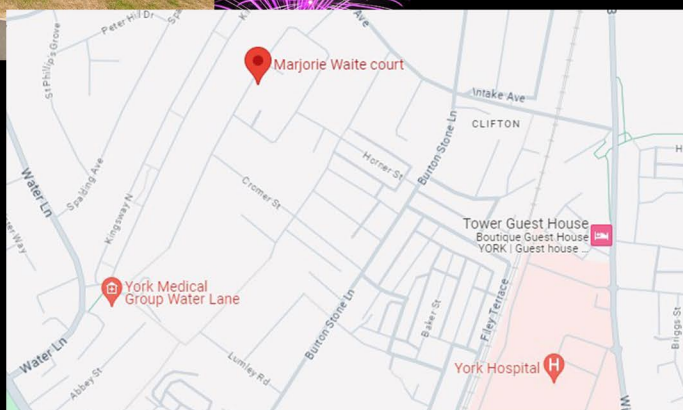
GRAND OPENING

MAJORIE WAITE COURT
COMMUNITY HALL
CLIFTON, YORK, YO30 6DX



Friday
5th January
2024

Every Mon & Fri
10am - 4pm



PLEASE CONTACT FOR ANY FURTHER INFORMATION ABOUT MAJORIE WAITE COURT, CLIFTON, YORK



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OUR ACTIVITY PAGE

CHRISTMAS QUIZ

Answers are below
NO CHEATING!

- A. The period leading up to Christmas & also a Calendar. What is it?
- B. The town in which Jesus was born?
- C. Festive songs sung at Christmas, but not the rest of the year?
- D. The 12th month of year and the one in which Christmas falls?
- H. An Evergreen Bush with prickly leaves and red berries?
- P. Mexican plant often associated with Christmas?
- R. The reindeer who is said to have had a very red shiny nose?
- T. This decoration is very fine and goes on the tree, it is also known as lametta?
- W. A hot mulled cider, drunk at Christmas, traditionally in a silver tankard?

If you know someone who may benefit from a taster day at one of our day clubs then please pass along the voucher below.

A taster day is a way of experiencing how our award-winning dementia day care is delivered. This voucher is to be used by non members only.



**VOUCHER
FREE TASTER
DAY AT ONE
OF OUR DAY
CARE CLUBS**

This voucher entitles you to a free taster day at one of our Specialist Dementia Day Care Clubs. To book a place or to find out more give us a call on
01904 593571
Or email us at york@therainbowcaregroup.com

Advent Bethlehem Carols December Holly Pointsettia Rudolf Tinsel Wassail