



INTRODUCTION

Message From Our Team

As we move into autumn, we have been looking back at some of the activities and entertainment our residents have enjoyed over the summer months. We made the most of the warmer Glasgow weather with time in the garden, while also enjoying live entertainment, outings and plenty of activities around the home.

It has also been good to introduce something new, with our first Fit-Baw session proving popular with residents and staff alike. Alongside this, familiar favourites such as bingo and creative activities have continued to bring everyone together.

Thank you to our residents, relatives, friends and team for being part of life at Mearns View. We hope you enjoy looking back at some of our recent highlights.

If you know someone who would like to receive our email newsletters/updates just let us know, or forward them the newsletter sign up link below:

[Newsletter Sign-Up](#)

Best wishes,

Mearns View Care Home Team

ACTIVITIES, EVENTS & OUTINGS

An Afternoon at The Old Plane Tree

Residents enjoyed a trip out to The Old Plane Tree in Glasgow for an afternoon of entertainment.

We were treated to a performance from Julie Maxx, which made for a great afternoon out. Everyone enjoyed the entertainment and the opportunity to spend some time together away from the home.



Flower Arranging Fun

Our residents enjoyed a relaxing morning getting creative with some flower arranging.

There were plenty of smiles and laughter as everyone chose their flowers and put together their own display. Each finished arrangement was different, reflecting the individual choices and creativity of the person who made it.

It was a lovely activity to enjoy together and gave everyone the chance to create something of their own to be proud of.



Trying Something New with Fit-Baw

We decided to try something a little different at Mearns View with our first Fit-Baw session.

Fit-Baw is an innovative chair-based football fitness programme for older adults, providing a different and enjoyable way to get moving while remaining seated.



The first session was a great success with both residents and staff. There was plenty of laughter as everyone got involved and gave it a go, and we are already looking forward to our next session.



Eyes Down for Bingo

Some of our residents recently came together for a fun game of bingo, which continues to be an enjoyable way to spend time together.

There was plenty of concentration as everyone listened out for their numbers, along with a little friendly competition as residents waited to see who would be first to call bingo.

As well as being good fun, our bingo sessions give residents the chance to socialise and keep their minds active while enjoying each other's company.



An Afternoon with the Tartan Tenor

We had the pleasure of welcoming the Tartan Tenor, Colin, to Mearns View for an afternoon of live entertainment.

Colin entertained our residents and staff throughout the afternoon, and his performance went down extremely well with everyone.

We can't thank Colin enough for coming along and entertaining us. Everyone thoroughly enjoyed the afternoon and the opportunity to enjoy some live music together.



BBQ in the Garden

During the summer heat, we made the most of the glorious Glasgow weather by heading into the garden for a BBQ.

It was a lovely way to spend the afternoon, giving residents the opportunity to enjoy some good food outdoors while making the most of the sunshine and each other's company.



COMING UP

Looking Ahead

As autumn gets underway, we look forward to continuing with our activities and entertainment at Mearns View, as well as enjoying another Fit-Baw session following the success of our first one.

Thank you to everyone who continues to get involved and help make our activities and outings so enjoyable. We look forward to sharing more of our news with you in our next newsletter.

EXTERNAL LINKS

Social Media

Make sure to check out the Mearns View Care Home Facebook Page for all our latest photos!

[Don't Forget To 'Like' Us!](#)

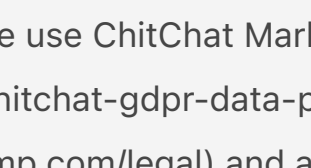
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