

National day celebrations at The Old Downs Residential Care Home



International Women's Day

On Friday 8 March, our lady residents enjoyed having a spa and nails day in celebration of International Women's Day.

We enjoyed spoiling our gorgeous ladies and they thought their **pampering** treat was a wonderful thing to enjoy on this memorable day – *so relaxing*.

World Book Day

Last week, a number of our residents enjoyed looking at the **Bible** for World Book Day. They read **Psalms 23** (The lord is my shepherd) and discussed the verse and how it reflected their lives now.

It was a very interesting discussion and our ladies and gents enjoyed their reading time together.