

March-ing to the beat of our own drums !

We stay fit with Music & Movement activities.



Spring has sprung and we love flowers and time in our garden.



Our “flower-man” continues to surprise one of our ladies with a flower bouquet each month and non-contact visits is exchanged for relaxed garden visits when the weather is nice.



We created awareness for people living with Parkinson's Disease by creating this Tulip Wall mural and writing some thoughts and feelings on it that people may experience when dealing with Parkinson's. The actual awareness day was celebrated on 11 April.



Our dear Music-man, Jack, has followed the beat of his heart to live in Malta. We celebrated the good music and moments we had with him and wish him well with the next song he will sing.