## Dungale Manor Care Home We Monthly Newsletter

Flanchford Road, Reigate Heath, Reigate RH2 8QT Our boutique luxury home delivering individual care for our residents



## **EXPLORING OUR INTER-ACTIVE SCREEN!**

February has been wonderfully busy and heartwarming month at Dungate Manor. We celebrated Valentine's Day in style creating a truly special atmosphere filled with love, laughter and togetherness. Our beautifully decorated tables, complete with wine and roses set the scene for a memorable day.



## Enjoying Life

At Dungate Manor we prioritise our residents' well-being with regular exercise playing a key role in maintaining independence and vitality. Led by Vince our sessions boost mobility, mood and overall health while reducing the risk of chronic conditions. Staying active also supports cognitive function and emotional well-being, making fitness an essential part of life at The Manor !



Throughout March, we will again have talented entertainers visiting, bringing music, smiles, and excitement that our residents truly enjoy. These performances are always a highlight together with visits from our Exercise Guru Vince who always manages to get everyone involved with his gentle exercise routine.



To book a viewing 01277 886 299 Alice@premiumcaregroup.co.uk