



# JollyGood News



Book now for  
Halloween!

## Last Month:

### Going Wild for Wellbeing

Most people brighten up at the sight of a friendly animal, which is what September's theme was all about. Kicking off the month, I ran a 'bird song' themed event in Penarth, featuring JGC mascot 'Quirky' - a giant pink flamingo. As you can imagine, it was very egg-citing for everyone (sorry!)

We also ran an 'Animal Fair' in Pontyclun, featuring a whole parade of puppets from cats & dogs to gorillas, crocodiles; Kermit the frog even made an appearance. We all had a fun (albeit surreal) time at the 'zoo'

### Pet Therapy

Keeping with the theme, we had a special visit from a real, live animal! My little pet lizard, Pog, came along to meet everyone at the singalong and the bravest amongst them even had a little cwtch! That is what life is all about, unique, novel and new experiences - even at 80+ years old!

### JollyGood Cabaret

We've rounded off the month in good fashion with the first annual JollyGood Cabaret, a proper black-tie affair with stage lights, microphones, and (most importantly) a chance for people living with dementia to be star of the show. Everyone left with a warm glow after receiving a massive round of applause from all their friends - a feeling they truly, truly deserved. Well done all!

## Photo/s of the month



Avril and Ray (featured here) will be celebrating their 60th wedding anniversary this month. I am throwing them a 'Love & Marriage' themed party to celebrate

Do you have any big events coming up that require a JollyGood celebration??

## Availability for Oct:

'Spooky songs' from Dusty Springfield to Shakin' Stevens with Sabrina the (20-something) Witch

- Fridays 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup> (2pm)
- Wed 29<sup>th</sup> (am or pm)
- Thurs 30<sup>th</sup> Oct 11 am or 2:30 pm
- Lunchtime show 12-1pm 31<sup>st</sup> Oct

Slots given first come, first serve so don't delay!

To make a booking, email [sabrinacartidge@hotmail.co.uk](mailto:sabrinacartidge@hotmail.co.uk)