



INTRODUCTION

Message From Our Manager

As the seasons change and the weather takes a turn, we embrace the cosy nights ahead. With the festive build-up towards Halloween, Bonfire Night, and then Christmas, there is much to look forward to. Let's make this season one to remember!

I'd like to thank all our residents, families, staff, and friends who continue to make our home such a warm and welcoming place. Your kindness, enthusiasm, and support help us create the happy, caring environment that we're so proud of.

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,

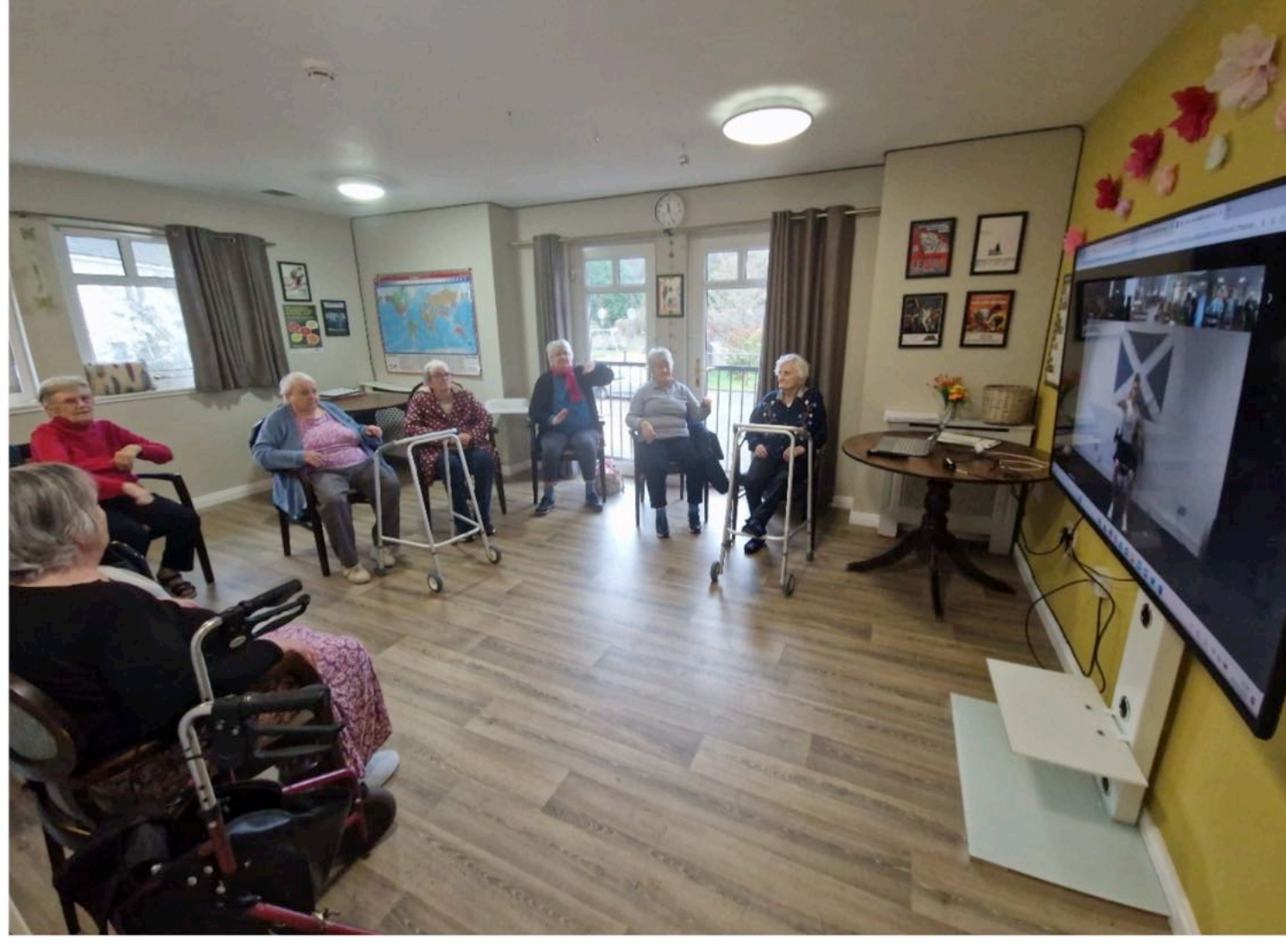
Georgina & Mhairi
Home Management

FITNESS COLLABORATION

Burns Gym

Each week, our residents participate in a variety of classes, ranging from armchair Zumba to gentle exercises, but one of the most beloved is undoubtedly the Burns Brothers class.

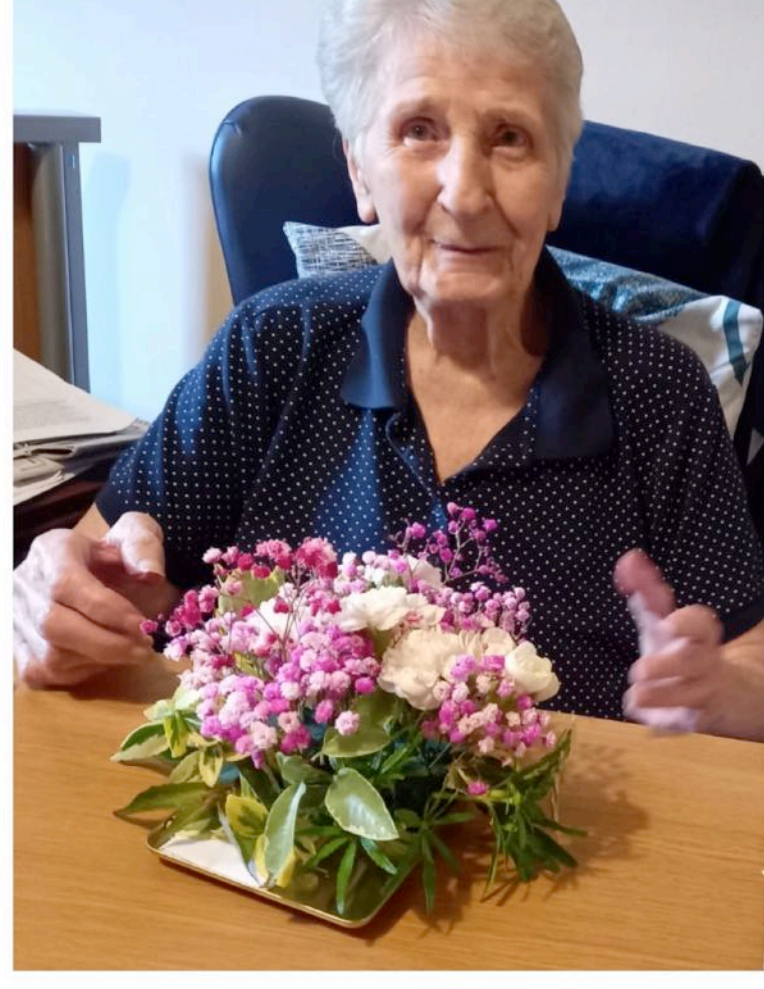
Tony and Joe Burns join us via Teams, connecting multiple care homes from across the nation. Burns Gym isn't just a UK-wide sensation; their classes even stream internationally into the USA. Our residents genuinely look forward to these sessions, and the positive impact has been remarkable. Not only has their well-being improved significantly, but the risk of falls has also been reduced, a testament to the effectiveness of these exercises.



ACTIVITIES & EVENTS

Flower Arranging

An afternoon was spent making beautiful bouquets with seasonal flowers; we are always amazed by their impressive creativity in brightening up our rooms. Everywhere looks and smells amazing now.



Arts & Crafts

The ladies were interested in learning about watercolour, so we held a starter session where the goal was to experience the process rather than focus solely on the final painting. We were all allowed to make mistakes and experiment with different brushes and techniques. The ladies said it was a very interesting class, and they would like to come again.



Zumba

For those seeking a burst of energy, Zumba sessions have been buzzing with movement, lifting spirits and adding a dose of fun to every step. Nothing beats dancing our way into fitness, and the music brings us all together.



Church Service

Church services continue to be as popular as ever; we recognise the importance of supporting our residents' faith. Everyone enjoyed the church service led by our activity coordinator, Margaret. We are lucky to have such a great group of singers.



EXTERNAL LINKS

Social Media

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

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

Leave A Review

We would be very grateful if you could spare a few minutes to write a review for us:

[Carehome.co.uk](#) & [Google Reviews](#)



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