

HARMONY

LODGE

NEWSLETTER



Welcome to our newsletter! We're excited to share some of the great things we've accomplished recently, along with highlights from our ongoing activities and initiatives. Thank you for being part of our journey—we look forward to keeping you informed and inspired.

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OUR GROWTH PROCESS



There's so much happening in our lives, and each new day brings more beautiful experiences. Our year began with joy and excitement, and it has only gotten better. We've had loads of fun while making great progress in various areas, including health and fitness, travel, and personal development. None of this would be possible without the dedication of our amazing key workers, whose support continues to make a lasting impact.

Fun is never in short supply around our beautiful home. From laughter-filled moments to spontaneous activities, there's always something exciting happening that brings everyone together and makes each day special.



VISITED DIFFERENT PLACES



It's a wonderful opportunity to explore new places, experience different environments, and create lasting memories. Whether it's a day trip or a longer adventure, sharing these moments with friends and caregivers strengthens our bonds and helps us feel more connected to the world around us. These experiences bring joy, spark curiosity, and remind us how much there is to discover beyond our everyday routines.

SPORTS ACTIVITIES



Our Sports Days were filled with energy, laughter, and team spirit! Everyone got involved, cheering each other on and enjoying a variety of fun activities. It was a great way to stay active, build confidence, and celebrate our community through friendly competition and shared joy.

TRAINING WITH PT



Every time Jack trains with his PT, he leaves dripping in sweat, proof he's been putting in the work. The sessions are tough, goal-focused, and his trainer keeps him motivated, sharp on form, and pushing past limits. It's hard, but Jack loves the burn, the grind, and seeing real progress.

MEET TOM & GIGI

OUR LITTLE FRIENDS



Meet Tom and Gigi, our two beloved house cats! They're more than just pets, they're our friends.

Always curious and full of personality, they bring comfort, laughter, and a sense of calm to our home. Whether they're curled up for a nap or playfully exploring, Tom and Gigi are a special part of our everyday life.



THANK YOU

Thank you for being a valued part of our community! Your support and involvement mean so much to us. We look forward to seeing you at our upcoming events, where we'll continue to share joyful moments and create lasting memories together. Stay connected, and take care!