



On 24th March the Project was delighted to host a performance from The Rootes String Quartet - 4 delightful young people playing violin, violin, viola and cello.

The ensemble's name reflects that all the members have different roots and are forming new routes in their music. Their backgrounds are Scottish, Irish, English folk and classical traditions. The band is working towards recording their first album with tour dates to follow - you heard them at Prestonfield first !!

What's on this month - :

- 3rd April - Quiz, dominoes
- 4th April - Gentle exercise, Parachute game, dominoes
- 5th April - Art, Otago, Bean Bag Game, Dominoes
- 6th April - Gentle Exercise, Easter Card Making
- 7th April - Otago, Play your cards right, Dominoes
- 10th April - Making Easter Cards, Dominoes
- 11th April - Gentle exercise, Easter Cards, Dominoes
- 12th April - Art, Otago, Beetle Drive, Dominoes
- 13th April - Gentle Exercise, Countdown, Dominoes, Head & Hand Massage with Pat
- 14th & 17th April Centre Closed**
- 18th April - Gentle exercise, Desert Island Discs
- 19th April - Art, Otago, Hang the Man, Dominoes
- 20th April - Gentle Exercise, Balloon Tennis, Dominoes
- 21st April - Otago, Crosswords, Dominoes, Musical Bingo & Head and Hand Massage with Pat
- 24th April - Joint Activity with Little Monkeys Nursery Children, Blockbusters, Dominoes
- 25th April - Gentle exercise, Bean Bag Game, Dominoes

- 26th April - Art, Otago, Countdown, Dominoes
- 27th April - Gentle exercise. Hoopla, Dominoes & Head and Hand Massage with Pat.
- 28th April - **SPRING LUNCH** with entertainment from Kirstan Harvey & Tina Rees presented to us through **Live Music Now**.

Orcadian fiddle player Kirstan was the BBC Radio Scotland 'Young Traditional Musician of the year', has been a member of the BBC Scottish Symphony Orchestra, performed at Scottish Proms in the Park, the Shetland Folk Festival and Celtic Connections. Kirstan also had her own band 'The Sanna'

Tina Jordan Rees is a multi-instrumentalist from Lancashire and now based in Glasgow. She was a finalist in the BBC Radio Scotland Young Traditional Musician of the Year on the piano and holds 3 All Britain Comhaltas Senior piano Champion Titles.

Comhaltas is the primary Irish organisation dedicated to the promotion of the music, song, dance and the language of Ireland.



Client Alert !!!



Remember to phone before 9.30am if you cannot attend the day centre so we can cancel your lunch and the transport

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|-----------------------|
| 8. Venus de Milo |
| 7. None |
| 6. Florin |
| 5. Monaco |
| 4. Barack Obama |
| 3. Falklands War |
| 2. Tracey |
| 1. Teux San Frontiers |
| Quiz Answers |

Clients are reminded it is not appropriate to bring sweets or biscuits for sharing into the Centre. Many of our clients are diabetic or have other food intolerances which prevent them from eating sweet items or could be dangerous to them.

In an effort to promote healthy eating we are now offering fresh fruit as an afternoon snack instead of biscuits.



Happy Feet



Prestonfield Carers Café



A note from Karen -:

The last Carer's café went really well and numbers increased when we had a First Aid talk. Feedback from those who attended was that they enjoyed it very much and found it very informative and useful in their caring role. I am trying to book another First Aid talk on different subjects for the 29th May and hope you can attend again.

Thank you to all the Friends of Prestonfield that have joined us and a big thank you for all the donations received through the Café.

I have booked a Dementia Link Worker to come and give us a talk on Monday 24th April. I am sure this will be useful and informative and there will be a chance to ask questions.

I will continue to support you all and invite any ideas or suggestions you may have for the Café.

**For more information call
Karen on 620 7223**

The Project now has over 80 clients receiving a personal footcare and toenail cutting service. We still have capacity for new clients. Our staff are trained by NHS Podiatrists. If you are over 50 and do not require podiatry, we can offer you this service.

The cost is £10.00 per session and is by appointment only. Phone 620 7222 for information and to make an appointment.



April Quiz

1. What was the name of the international version of TV game show "It's a Knockout"?
2. In EastEnders, what is the first name of the Queen Vic barmaid who also has a flower stall in Bridge Street Market?
3. During which war did the Battle of Goose Green take place?
4. Which US President wrote the book "The Audacity of Hope"?
5. What is the world's most densely populated sovereign nation?
6. Which coin, as one tenth of a pound, was introduced in 1849 as a tentative step towards decimal currency?
7. How many times was Stirling Moss the Formula One World Champion?
8. Which ancient artwork was discovered by a peasant on the Aegean island of Milos in 1820?



**The clients
enjoying
the music
of the
Rootes
Quartet**