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# NEWSLETTER May 2023

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## Antonine Court Ltd

Promoting dignity, opportunity & inclusion

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Hi Everyone A very warm welcome to May's Newsletter, we hope you enjoy reading it!

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## Happy Birthday

We have so many birthdays this month! I'm sure you all join me in wishing them all happy birthday!:- Jenny, Hugh, Theresa, Katie, Caroline, Mark and Monty!



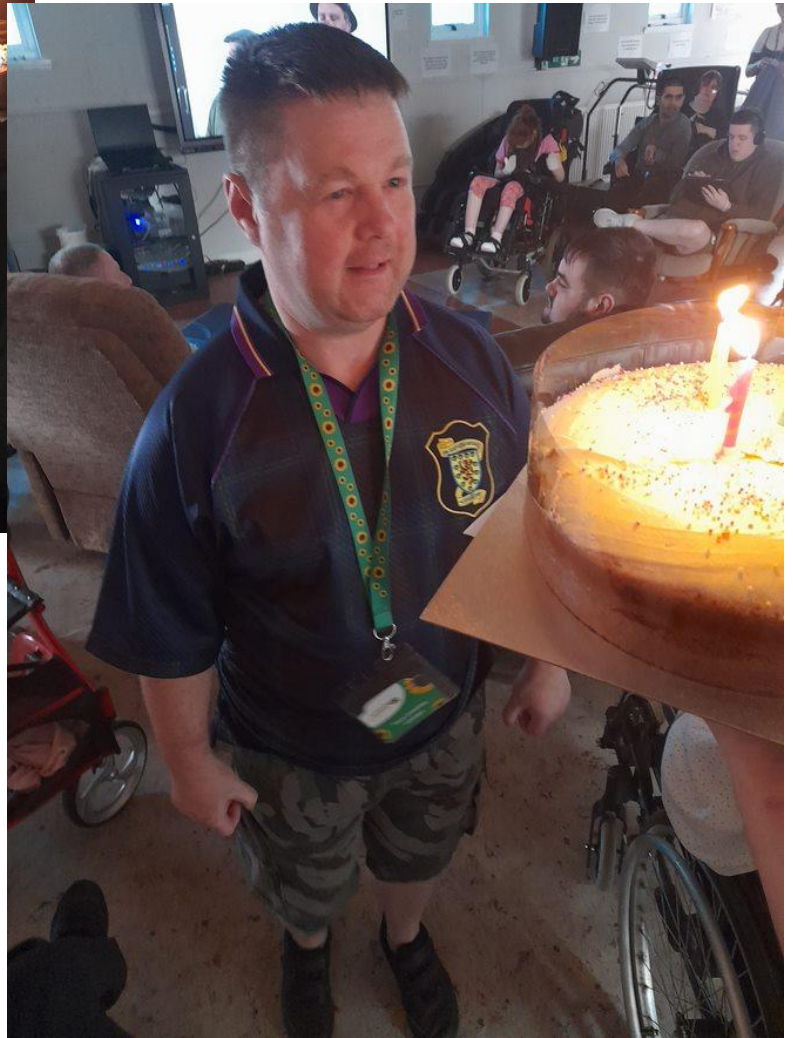
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## Upcoming Events

### Dates for your Diary!



14<sup>th</sup> June for  
Staff Training  
Positive Behaviour  
Support



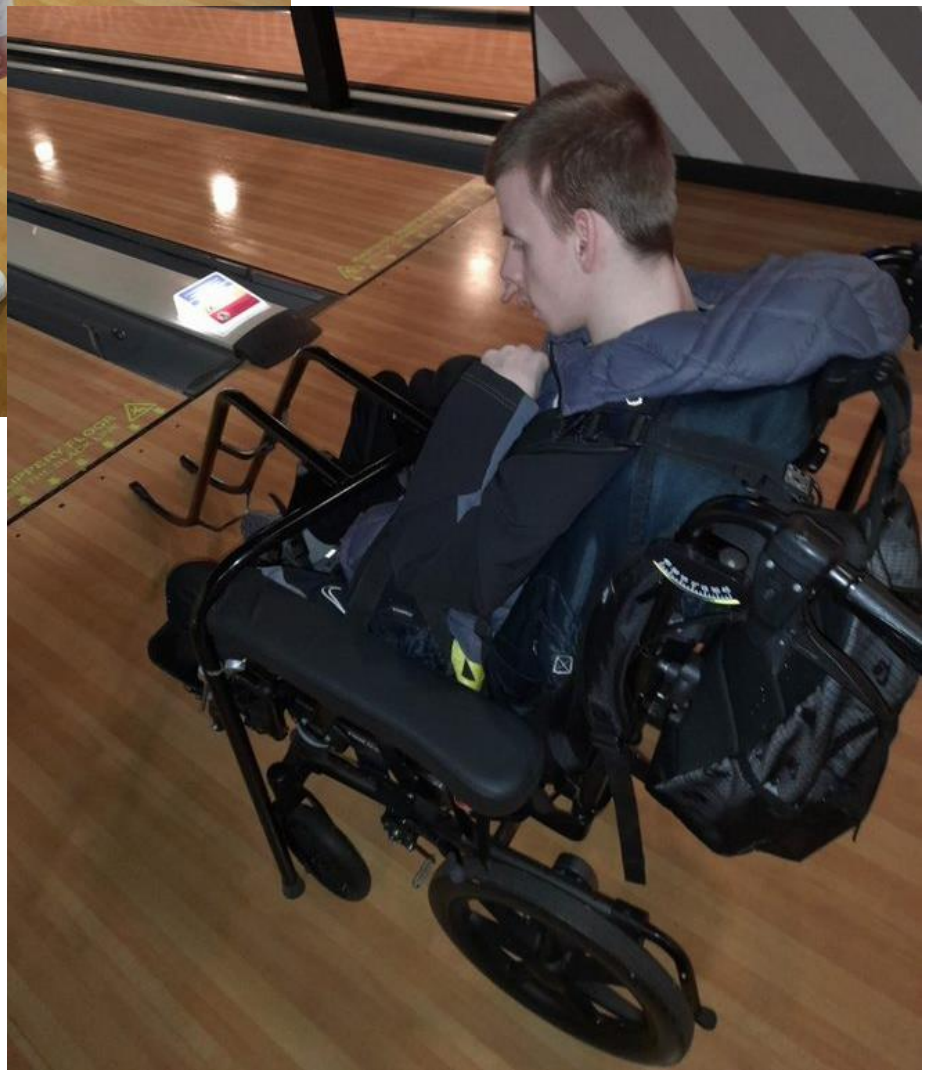
**It's amazing to have so many birthdays in one month!**



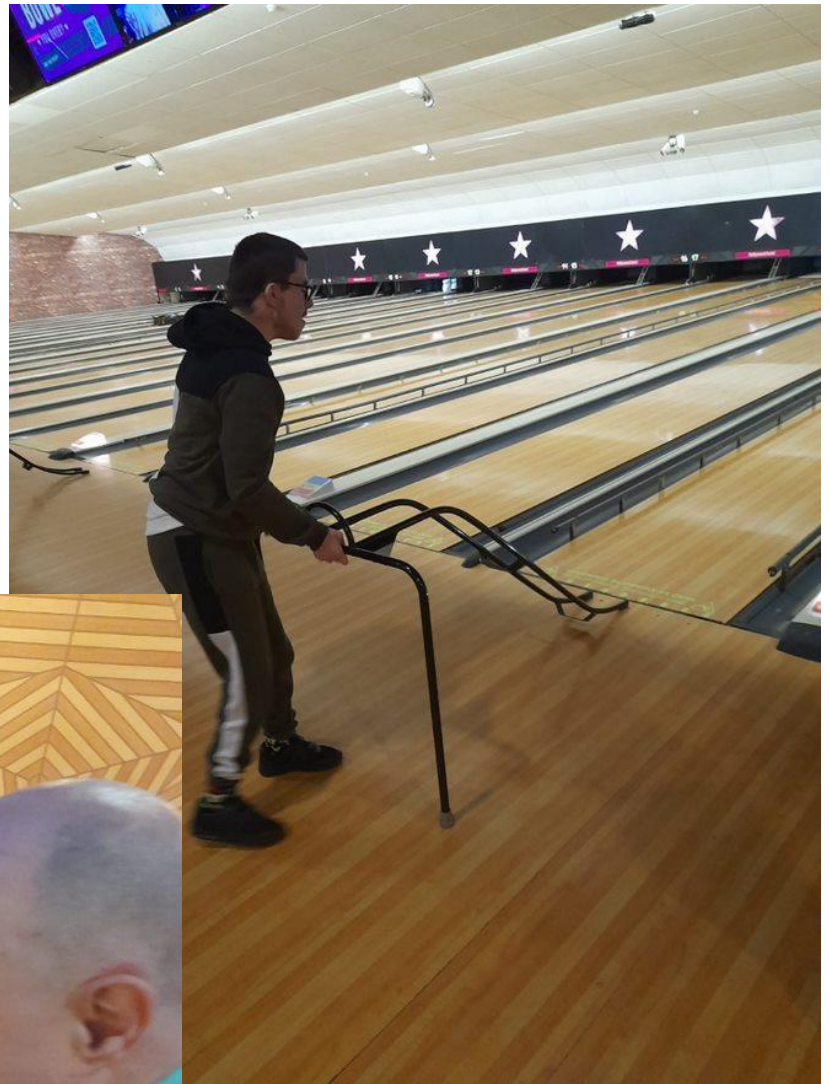


As you all know bowling outings are really popular, this is Lyndsey waiting to see if she has a strike!

Ryan on the right, he looks to be concentrating very hard!



Alexander making sure the bowling ramp is lined up properly.....



Neil making sure his shot is lined up!





There can't be many things better than cycling! This is Liam at Free Wheel North, which is in Glasgow Green.

Everybody loves this activity!





Bonus!! You get to have a go on the swings while you're there!



David and Donna, looks like David's having a great time!





Mark having a wee pampering session.....

I think Hugh has fallen asleep....

Rhona's not looking very happy maybe Hugh's snoring is stopping her from getting a nap, what do you think?





Helen enjoying a relaxing foot massage....

Shirwan fell asleep too!





## Long live the King!

Antonine court doesn't need an excuse for a party, but the King's Coronation gave us the opportunity to celebrate in style!



Richard on the left giving us a huge smile!



As you can see everyone made a huge effort to dress the part!



This is a fabulous picture of Jenny!





Jean and Theresa with the appropriate headwear for the day...



There were activities all day long, this is Ryan taking part in pass the parcel....



