



**PAX HILL**

*Care home for the elderly*

# Balmoral Quarterly Newsletter

*Spring 2017*

## TALL TALES

Once upon a time, a gentleman travelled the road, as straight as the flight of an arrow from the bow of Robin Hood himself, from the sleepy town of Farnham to visit a grand building called Pax Hill and regaled those who dwelt within it's walls with a fine selection of traditional tales.

From ancient Greece to the shipyards of Portsmouth via a

cunning Cornishman who had a run in with a Hairy Boggart, all the tales had an interesting twist to them and entranced the audience on a cold winter's afternoon. Thanks Jim!



**Balmoral Nursing Station**

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**Bentley, Farnham, Surrey GU10 5NG**

## MORE YARNS

Our ten strong yarn crafts group has had a very busy time – most recently we have been busy making hats for premature babies and tiny cannular mitts for them too – in lovely bright fresh colours. This shows the package sent to Basingstoke baby unit – another the same size is going to Frimley! Two of our ladies, with a combined age of 200 years admire some the work they and the rest of the group have produced.





## CHIEFTAN OF THE PUDDING RACE!

We did Burns night in style this year – in the afternoon a piper in full regalia entertained us from the courtyard – parading the whole circuit so all could share from their patio doors whilst a gang from the outward facing rooms congregated in the hair salon so they too could enjoy the performance in the warm. Thanks Larry!

The piper was followed by a gathering in the lounge where, fuelled with sherry and nibbles a large group tackled a 'Scottish Quiz' – both informative and amusing. The evening was rounded off with a burns supper of haggis, neaps and tatties followed by a pudding of Cranachan. Well done Michael – a good two thirds of dining room were either intrepid or experienced enough to enjoy this feast – washed down with a nip of whisky!



## TRENDY ART THERAPY

No reason not to be on trend – the activity room was crowded as we had a try at the publishing sensation – Colouring in for adults! The general agreement was a very pleasant way to spend an afternoon with a lot of excitement at the rich colours of the new gel pens!



## BUNTING AND BASHING

A bit more challenging was the cheerful bunting made from original artwork created one afternoon. Bold and vibrant, it took some brave painters to go for bright, loose water colours. Under you will see the notice board created with nifty team work from a deft sewing machine user and an accurate tack basher! Useful to show off some of our other works and attractive too!





## SPRING FLOWERS

The first daffs may just be coming into the shops but we could not wait for our first blooms. Instead, primroses, pansies and roses were crafted from crepe paper and popped on stems using professional wires and tapes donated by a daughter of a group member - cheerful, and long lasting, bouquets.

## ORIGAMI BARMY

Something new this afternoon – we took on the ancient Japanese craft of origami. Much pleasure with the attractive papers, much exasperation with the fiddly folds, much amusement when the class leader lost track and much pleasure in the end results! We must have another go when we have all had a chance to recover from this demanding, but rewarding art.



## FILM TIME

After our resident couple enjoyed a delicious Valentine's meal in the privacy of their own room, the rest of Balmoral settled down to the lively musical 'Seven Brides for Seven Brothers', pretty ladies, hunky chaps, music, dancing and planks and hammers flying in all directions. Something for everyone and enjoyed by all, along with popcorn and pop to give an authentic cinema feel to the afternoon



## BINGO

Not everyone was convinced by this idea but in a 'give it a go' spirit we had a jolly good turn out of folks, happy to have some fun and even happier to enjoy free chocolates! Main prizes included pots of delicate narcissi to brighten up rooms and lift spirits on even the greyest days!

## CLAIRE AND NEV

No one was quite sure what to expect but we had a really fun afternoon with a mixture of East End Knees up (with a twist), sing-a-long favourites and pop songs of yesteryear – who knew there were so many Bob Dylan fans in the room! We had a good turn out from all floors – and with a happy accident of timing one of our centenarians had a professional serenade as her birthday cake was cut



## BIT MORE SOPHIS?

A full house of residents from all floors, gathered in a circle to enjoy an afternoon of poetry – requests and old favourites. The second time we have had a poetry afternoon, this was even more enjoyable as a number of residents bravely, and movingly, delivered poems. We ended on a high note as Danny Boy (which I expected to be read) was hauntingly delivered acapella by Peter – a few wobbly lips and what a way to finish a lovely afternoon!



## MR KIPLING CALLS

Whilst the only cakes this Mr Kipling makes may be better for the roses than the tea table, he was a very warmly welcomed visitor to Pax Hill. Amiable and relaxed in the extreme, he happily trotted around enjoying all the fuss and attention before he went off to meet his public in the other parts of Pax Hill!



## LOVELY!

Even if you are 102, there is always something new to try. In this case experienced textile artist had Winn launched herself into the geometric and challenging tapestry work named Bargello! The end result so striking and so beautiful!



## TIME FOR TEA

A social afternoon was had when Balmoral hosted the Make Time for a Cuppa event, part of the nationwide Dementia Uk fundraising campaign. A lovely afternoon featured dainty and delicious cakes and of course a raffle. We had a thoroughly enjoyable time and raised over £270, thank you to all those who so generously supported this worthwhile event.





## DATES FOR THE DIARY

Sunday 2nd April 3.45 - 4.15	Rock Choir Visits	Balmoral Terrace
Tuesday 4th April 2pm	Memories of Trek Peru	Montgomery Lounge
Thursday 6th April 1.30pm	Sip and Knit	Windsor Lounge
Friday 7th April 11am	Holy Communion Catholic	Montgomery Activities Rm
Saturday 8th April	Grand National	Place Your Bets
Tuesday 11th April 2-3pm	Sing Along with David and his Piano	Montgomery Lounge
Wednesday 12th April 2.15pm	Holy Communion C of E	Balmoral Lounge
Thursday 13th April 2pm	Easter Talk plus Chocolate Tasting	Balmoral Lounge
Wednesday 19th April 2-3pm	Inter Unit Dominoes	Montgomery Activities Rm
Monday 24th April 2-3pm	St George's Day (+1) Quiz	Balmoral Lounge
Wednesday 26th April 2-3pm	Poetry Please	Balmoral Lounge
Thursday 27th April 2-3pm	Inter Unit Bingo	Montgomery Activities Rm
Wednesday 3rd May 2-3pm	Cheese and Wine	Balmoral Lounge
Friday 5th May 11am	Holy Communion Catholic	Montgomery Activities Rm
Wednesday 10th May 2.15pm	Holy Communion C of E	Balmoral Lounge
Thursday 11th May 2-3pm	Claire and Nev Entertains	Montgomery Lounge
Tuesday 16th May 2-3pm	Baden-Powell and Pax Hill - an Illustrated Talk by Kate	Balmoral Lounge
Wednesday 17th May 2-3pm	Inter Unit Dominoes	
Wednesday 24th May 2-3pm	Kitchenallia	Balmoral Dining Rm
Thursday 25th May 2-3pm	Inter Unit Bingo	Montgomery Activities Rm
Tuesday 30th May Pick Up 1pm	Visit to Gilbert Whites Garden, Selbourne	Depart 3.30pm
Wednesday 31st May 2-3pm	MemoriesCycle India	Montgomery Lounge

Friday 2nd June 11am	Holy Communion Catholic	Montgomery Activities Rm
Tuesday 8th June	D Day Anniversary	
Wednesday 7th June 2-3pm	Everything but the Squeak with piggy nibbles	Balmoral Lounge
Wednesday 14th June 2.15pm	Holy communion C of E	Balmoral Lounge
Thursday 15th June	Royal Ascot Ladies Day	
Sunday 18th June	Fathers Day	
Monday 19th June 2-3pm	David and his Piano	Montgomery Lounge
Wednesday 28th June	Inter Unit Dominoes	Montgomery Activities Rm
Forthcoming Events		
Summer Picnic Lunch Time All Units	Paul Nicholas Entertains	Balmoral Terrace
Pax Hill Summer Fete Sunday 9th July 2-5pm		

**Plus Our Regular Schedule - unless otherwise listed above!**

Every **Tues. am** - Stretches followed by Board Games, Every **Weds. pm** - Yarn Crafts, Every **Fri. am** - Keep Fit Followed by Brain Gym.

Plus Regular Seasonal Arts and Crafts Sessions.