



**PAX HILL**

Care home for the elderly

# Balmoral Quarterly Newsletter

*Summer 2017*

## BRIDGE BRAINS

Jenny and Michael from the Farnham Bridge Club kindly offered to give up 4 weeks of their time for a spot of bridge coaching – for Returners and Beginners! We have had a lot of fun and a lot of brain stain getting to grips with the rules and tactics of Mini Bridge – a variation of the game recognised in its own right. We are now, with the help of our crib sheet, ready to continue under our own steam – still a lot of thinking though!



## CLOCK STRIKES 3 ...

... And everything stops for tea! Part way through another busy afternoon, we all enjoy a refreshing cuppa in our dainty Harlequin Tea Set (non-matching in other words!). Time to pause, chat and refuel!

Balmoral Nursing Station

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## DAFFS

A lot of fun had making spring like, but long lasting blooms, daffs, primroses and pansy in a bright bouquet.



## POGA

That apparently is what the combination of Pilates like stretching and Yoga type relaxation is called. A representative selection of the 14 or more who join in this fun exercise, gather in anticipation.





## BIRD WORLD

We were visited by a very handsome eagle owl and exuberant macaw both of whom fascinated the residents who were given the life histories by the handlers from bird world. Rather more approachable were the small furry animals, delightfully soft chinchillas and very amiable rabbits were handled by residents. Just to look at, were the gecko (will drop his tail if startled) and the giant land snails. A fun and informative afternoon!



## PYRAMIDS

On a blustery spring afternoon, why not take a trip to Egypt? The art group happily settled down to painting the iconic pyramids – shown here in full flight and also sitting back surveying their works.



## WRAPPED

Getting ready for the Family Afternoon Tea involved transforming a motley collection of jam jars – beautifully wrapped in spring tinted crepe paper and then trimmed with contrasting raffia they were transformed into beautiful vases for the multitude of daffy for the tea on Saturday.







## ROCK OF AGES?

Sorry can't resist a pun! Anyway we were delighted that Farnham Rock Choir included us in their local tour, treating us to a lovely half hour of music from an eclectic repertoire.



## FAMILY AFTERNOON TEA

What a lovely turn out for this annual event. Whilst the tender sounds of John Corin's harp played, families enjoyed the tasty savoury nibbles and dainty little cakes provided by the kitchen. The room was filled with the crepe wrapped vases of daffodils and trimmed with the bunting made earlier in the year. A most pleasant afternoon.

## DING-DONG

No we have not started a campanology club, instead we are referring to the famous slogan – 'Ding Dong, Avon Calling!' For one afternoon we brought a shopping experience to Pax Hill. Tilly brought in a range of goods for purchase then and there, other items were ordered for delivery a few weeks later. With plenty of tea and cake to enjoy whilst the catalogues were being perused, a happy afternoon was spent choosing little luxuries.

## EVERYTHING BUT THE SQUEAK!



Based on the traditional saying that 'with a pig you can use everything but the squeak', we had an interesting afternoon finding out facts both repulsive and fascinating about our piggy friends; don't ask about the 'Hog Bog'! Although the pig's contributions to both arts and science are generally under-appreciated, the pig's contribution to our culinary pleasure is not! Washed down by appropriate Apple Cider, we enjoyed a full range of piggy nibbles from pepperoni and pate to jelly babies and marshmallows

## EASTER TIME

To mark the most important date in the Christian Calendar we gathered for a talk about the history of our various Easter practises and how they have evolved over the years – some of our residents recalled a few from their childhood which have since largely died out. Quoting a Shakespearean reference to new clothes at Easter, several recalled that very thing (though more early 20th Century than Tudor! We finished the afternoon with an explanation of chocolate production and a sampling test to educate our taste buds. All residents also had a small gift of speckled and foil eggs presented in raffia twisted cellophane with a small bar of chocolate too! The cute little chicks or slightly surprised lambs decorating the token gift were also much appreciated!



# *Easter*

& It's

## **Pagan Infiltration!**

Illustrated Talk

**2-3**<sub>p.m</sub> Balmoral Lounge

Thurs.13th Apr.

Incl. Chocolate Tasting!

## STENCILS

As part of our fundraising activities we had a busy afternoon stencilling animal designs onto cotton fabric – for our sewing machine whizz to assemble into Tote Bags. Another of our ladies focussed on stencilling colourful washing lines on canvas for another member of the group to later assemble into peg bags. The bright clear colours were very attractive and not that difficult to scrub off fingers later!



## CLASSY WORK!

A first for everyone (including the class leader!), we were delighted with the unique pictures we created using lead strips and glass paint – and yes it really is actual lead! A mix of animal and plant designs were complemented by some inter war themes – all for sale at the fete in aid of Dementia uk!

## WALKING – OR TALKING?

Well, it has to be said that the Walking Club does enjoy a break half way through, to sit and enjoy the gardens. On this occasion, unlike a few more bracing days, sitting was a pleasure although the strength of the sun eventually sent us off in search of shade!!





## KITCHENALIA

And now for something completely different! - was the general conclusion the afternoon spent with kitchenalia. Some items left the participants baffled, others had that 'oh yes of course' moment, yet more provoked all sorts of chat and sharing of memories. 5 tables of residents rotated 9 trays of various kitchen and household items between them with additional input from Lucy and Kate, the proud owner of the motley collection of items!





## LAUGHTER

Sometimes we have so much laughter in our activity room that passers-by have to peek in to see what is going on! That was definitely the case the day we were painting dolly-peg toppers for plant sticks. Our residents will try almost anything for a good cause – in this case making items to sell at the summer fete to raise funds for dementia uk. Not only were the faces people pull when concentrating causing a lot of merriment – so were the conversations, ranging far and wide!



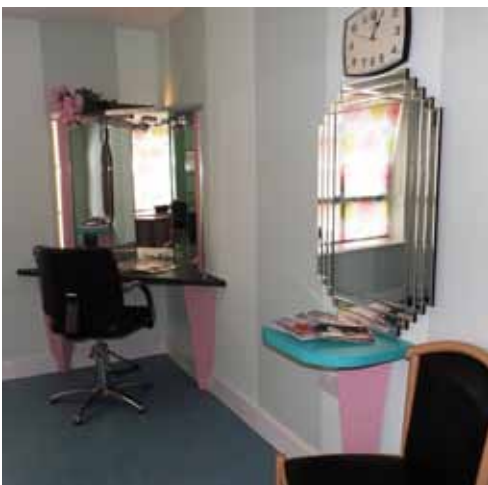
## OF TO SELBOURNE –

It was a lovely day for a trip out in the mini bus followed by a wander round Gilbert White's house in the village of Selbourne. Having investigated the interiors, off for a trip round the garden. Luckily both Sheila and her pusher were equally intrepid so a lovely time was had exploring the pond, secret garden and off course the Ha- ha – followed by a well earned cup of tea and water cress scone in the delightful tearooms.



## SALON REVAMP

We were proud to feature our freshly decorated and revamped activity room in our last newsletter– this time we are just as proud to show off the newly painted and appointed hair salon. Featuring a mix of cool, sophisticated colours and zingy highlights, the faceted mirrors now reflect a salon worthy of our residents! The illuminated Barber's Pole outside the entrance adds a fun talking point visible from a long way off!





## DATES FOR THE DIARY

|                                      |   |                            |
|--------------------------------------|---|----------------------------|
| Monday 3rd July                      | Wimbledon Fortnight Begins                | Wimbledon Fortnight Begins |
| Tuesday 4th July - 12noon            | Summer Picnic - Paul Nicholas Entertainer | Balmoral Terrace           |
| 4th July - 2pm                       | American Quiz                             | Balmoral Lounge            |
| Sunday 9th July - 2pm-4pm            | Pax Hill Summer Fete                      | Pax Hill Court Yard        |
| Tuesday 11th July 3pm                | Strawberries and Cream/<br>Wimbledon      | All Units                  |
| Thursday 13th July<br>1.30-3pm       | Purls of wisdom - Knitting Club           | Windsor Lounge             |
| 13 July                              | Trolley Launch                            |                            |
| 14th July                            | Franglais Quiz                            | Balmoral Lounge            |
| Saturday 15th July                   | Ladies Finals on TV                       |                            |
| Sunday 16th July                     | Mens Finals on TV                         |                            |
| Tuesday 18th July 1 - 2pm            | David and his piano                       | Montgomery Lounge          |
| Wednesday 19th July<br>2-3pm         | Inter Unit Bingo                          | Montgomery Activities Rm   |
| Thursday 20th July 2-3pm             | Desert Island Discs                       | Montgomery Lounge          |
| Tuesday 25th July<br>Pick up 1pm     | Visit to Badshot lea Garden Centre        |                            |
| Thursday 27th July 2-3pm             | Inter Unit Dominoes                       | Montgomery Activities Rm   |
| Wednesday 2nd August<br>2-3pm        | Poetry Please                             | Balmoral Lounge            |
| Friday 4th August 11am               | Holy Communion Catholic                   | Montgomery Activities Rm   |
| Tuesday 15th August 2 -3pm           | Mill Cottage Farm Experience              | Pax Hill Court Yard        |
| Wednesday 16th August<br>Pick up 1pm | Visit to Country Market Garden Centre     |                            |
| Thursday 17th August<br>2-3pm        | Where in the World                        | Montgomery Lounge          |
| Tuesday 22nd August<br>1-2pm         | David and his piano                       | Montgomery Lounge          |



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|--|--|--------------------------|
| Wednesday 23rd August<br>2-3pm           | Cheese and Wine                                | Balmoral Lounge          |
| Thursday 24th August<br>2 -3pm           | Inter Unit Bingo                               | Montgomery Activities Rm |
| Friday 1st September 11am                | Holy Communion Catholic                        | Montgomery Activities Rm |
| Tuesday 5th September<br>Pick up 10.30am | Milestones Museum - Back down<br>Memory Lane   | Basingstoke              |
| Wednesday 13th September<br>2-3pm        | High Society Talk by Kate with<br>refreshments | Balmoral Lounge          |
| Thursday 14th September<br>1.30-3pm      | Purls of wisdom - Knitting Club                | Windsor Lounge           |
| Wednesday 20th September<br>2-3pm        | Inter Unit Dominoes                            | Montgomery Activities Rm |
| Wednesday 27th September<br>10.30am      | Macmillan Coffee Morning                       | Balmoral Lounge          |

C of E Holy Communion and Harvest Festival dates are still to be confirmed.

Thrice weekly stretching, twice weekly walking club, weekly bridge, arts class, knit and natter and board games