



PAX HILL

Care home for the elderly

# Balmoral Quarterly Newsletter

*Winter 2016/2017*

## NEW LOOK ACTIVITY ROOM!

During the summer the activity room was repainted in a fresh but warm shade of buttermilk then come the Autumn, in come our new furniture!

We now have a lovely dresser displaying a 'Harlequin' bone china t-set. Decorative and useful, the delicate set is used for well earned refreshments when the residents have been hard at work, creating and conversing. We even have a dainty mug for the lady who prefers her tea without a saucer.

Our corner cabinet provides a safe home for glasses which have been deployed several times – from wine tastings to sherry supping during our poetry afternoon.



New bookcases with useful drawers provide additional storage for all those bits and bobs that are needed in a busy activity room with a diverse programme.

When no formal activity is taking place, residents are welcome to drop in and have a go at the jig-saw puzzle or to flick through the regularly replenished magazines.

Balmoral Nursing Station

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Bentley, Farnham, Surrey GU10 5NG

## ANY REQUESTS?

Was one of the issues raised during the Autumn Residents Meeting. An almost complete attendance of residents (possibly encouraged by the promise of sherry and nibbles) discussed various points including input to shape the new Activity Programme. Poetry Sessions and Art Classes were suggestions that received a lot of support – see below!

## Poetry Please!

A lively mix of

Old Favourites

and

Special Requests.

Balmoral Lounge

2pm

Thurs. 17<sup>th</sup> November

With Sherry and Nibbles.

## WATER COLOUR CHALLENGE

Slightly nervously a good number of residents gathered to try their hands at water colour painting. Over a series of classes we started to become familiar with the medium, painting clouds, moving on to flowers then as we gained confidence, landscapes with buildings and finally still life. Everyone's work varied but all had a vibrancy and life; demanding but fun was the verdict!



## SEW ON AND SEW FORTH

A pair of vintage hand driven sewing machines have proved very useful. A Beautiful patchwork livened up an old cushion and the same lady has made covers for our new activity room covers and drink's coaster to preserve the table cloths too!





## MORE PAINTING

As well as our water colour classes we had a few afternoons dedicated to making stencilled Christmas Cards. Bright and cheery, all enjoyed making these fund raising cards; selling like hot cakes at the Macmillan Coffee Morning, the Age Uk Afternoon Tea and the Xmas Bazaar, we had to keep making extra batches! Using the same skills we stretched our creative muscles making tote bags and tea towels, also sold at our fund raising events.

## ALL IN A GOOD CAUSE

Our weekly needle craft sessions may be primarily social but they are also an opportunity for our residents to continue to contribute to the world outside Pax Hill. This year we have already knitted mini bobble hats (or possibly egg cosies?) for the Innocent Smoothies Winter Warmer Campaign. Working with Age Uk, for each hat donated, Innocent send 25p to Age Uk. Well over 100 hats were sent off along with a cheque for the money raised by our Age UK Charity Afternoon Tea.

After that we knitted woolly crackers which were sold at the Bazaar to raise funds for the Eagle Radio Toy appeal, providing toys for less advantaged children or those with physical difficulties.

Our current project is knitting hats for premature babies receiving treatment at our local hospital.

All very worthwhile and good motivation for dusting off skills that have not been



used for some time! Those reluctant to knit happily made masses of small pom-poms to embellish the hats and crackers.

Macmillan 'Biggest Coffee Morning'

# Amazing!

We raised exactly

# £175.10



**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

A big 'Thank You' to all those who baked, made, drank, ate and bought!

Thank You for supporting our

# Big Knit Tea Party

We Raised

# £112.80!

And have 117 hats to

send off to

Innocent Smoothies

to raise a further



# £29.25

## FESTIVE CRAFTS

Getting ready for Christmas is almost as much fun as the day itself. Having made many cards for charity, a number of the residents enjoyed a session making cards for their nearest and dearest. One of our more ambitious projects was making Christmas Centre Pieces. With a good choice of colours and details, our creative ladies all made very individual interpretations of a basic design of a candle encircled in a plaited wreath with embellishments around. Amazing how far glue can spread!



## INTERESTING?

One of a series of seasonal talks, a crowded room settled down to hear all about the roots and variations of Halloween – not so much an American import as a return of a Celtic Peasant tradition. Due respect was given to the significance of All Saint's Day in the Christian Calendar before we touched on some of the more bizarre customs associated with the 31st of October. And of course, less than a week after, we had another excuse to bring out the wine as we settled down to watch our November 5th Fireworks outside the patio windows.



## HARVEST TIME

Our annual Harvest Festival, led by our busy local vicar, provided a good excuse to get creative in a good cause. Using salt dough, one group made the many wheat ears needed to create a luxurious sheaf whilst another gladly created a basket of apples, later delicately painted by her in subtle shades of red and green.

This proved to be good practice for our next, festive, salt dough project.



## CAROL SERVICE

A moving and thoughtful service was delivered by Yann and his charming curate. Interspersed with favourite carols, all enjoyed the service and were also intrigued by the lovely nativity set made by Ann, our Montgomery Activity leader.



## HOW BAZAAR?

What a lovely event this was! The huge heated marquee kept out the cold November weather so we could enjoy musicians from the scouts, and a fabulous choir. Max the ventriloquist/magician was also strolling around with his alter ego, Grandpa, who rashly challenged Pauline to a race round the fountain!

Our handicrafts sold well contributing to a healthy profit to go to the Eagle Radio Toy appeal. The raffle manned by our residents and relatives was popular throughout the whole afternoon. Old favourites such as the White Elephant and Bottle in a Bag were well supported whilst visiting stall holders gave fabulous shopping opportunities. When the excitement all got too much, delicious food and drink was on hand in the pop up Christmas café.

Youngsters were also catered for with Santa's sparkling (and cosy) grotto.



## SALT DOUGH ORNAMENTS

A lot of, slightly sticky, fun was had mass producing Christmas Tree Ornaments. Falling back on baking skills honed over many years we rolled, cut out and arranged on large baking sheets a wide variety of festive shapes. Once dry these were carefully painted and embellished with extra bling and glitter. Presented on custom printed



cards the decorations were popular at the Winter Bazaar.

## A TREE FOR ALL SEASONS

While we were in the swing of it we made dozens of hearts from salt dough. These were also painted and hung on our entry to the Christmas Tree Exhibition at St Lawrence Church Alton. Windsor Floor produced an even greater number of pom – poms. The following explanation accompanied our entry:-



*'A Tree For All Seasons'*  
Decorated with Hearts made from Domestic Materials  
by the  
Residents of Pax Hill's Montgomery, Balmoral and Windsor Floors  
to reflect the  
Importance of Home and Family.

The Hearts are coloured to represent the Four Seasons, an analogy for the Four Ages of Man, Spring to Winter, still within each, and all, of our Residents.

Decorations Made By The Residents of

*Pax Hill Care Home*  
Bentley

## SCHOOL CHOIRS

Our annual double treat of having both Lord Mayor Treloar and Bentley School Choirs visit us on separate occasions was as enjoyable as ever. With their different styles and repertoires, both choirs were a real hit and both left with a well deserved goody bag – the Bentley Choir with paper Goody Bags both made and filled by our residents. A lot of fun, and a lot of chatter as the two tables of bag fillers tried to keep track of the two toys, one chocolate coin, one balloon, a handful of sweets, a streamer and one candy cane recipe! Worth the effort as all the children and residents enjoyed their afternoon.

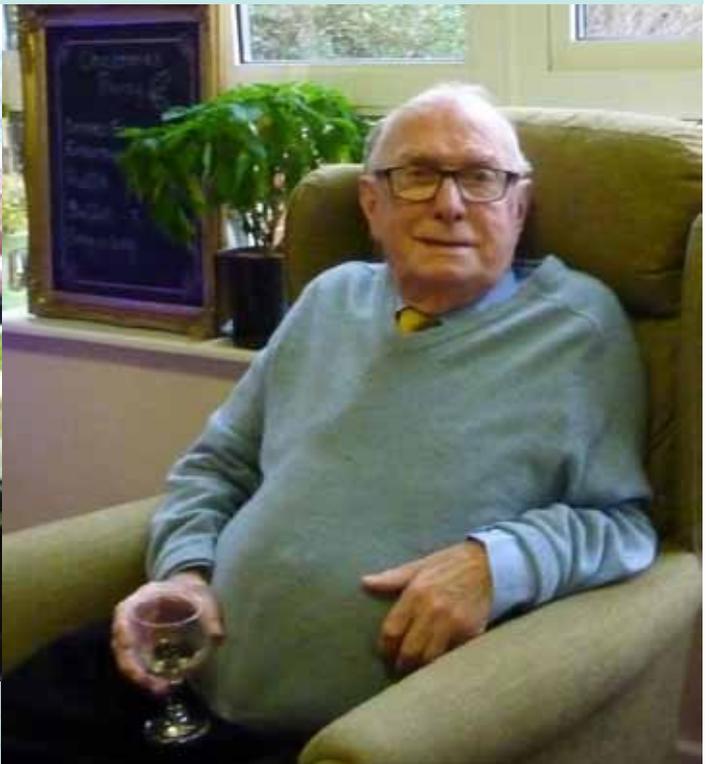


## BAKING

What is Christmas without a bit of baking in the run up to the event? In our case we had mass production of mince pies and xmas cookies – oddly similar to our salt dough xmas decorations but a whole lot more edible! So many memories of other places and times evoked, so much pleasure as we worked together. So nice to eat!

## PARTY!

Good food, good drink, good company. Raffle, entertainment and lots of chat – how could we not have a good time? Rounded off with some lusty carol singing, and we are all ready for another Happy Christmas and bracing ourselves for a busy and fulfilling New Year.





## MARION AND HER TAPPERS

A bunch of ladies of a certain age with bags of joie de vivre and masses of energy gave us a wonderful afternoons entertainment with quick changes interspersed with excellent hoofing all accompanied by a talented gent on the key board. Such Fun!



## SUPER SANTA

You are never too old for Christmas and Santa did not let us down this year visiting all the residents and leaving a small gift with each! Thanks Kushi



## DATES FOR THE DIARY

Tuesday 3rd January	That was the year that was - Quiz	Balmoral Lounge 2pm
Friday 6th January	Holy Communion Catholic	Montgomery Activities Rm 11am
Tuesday 10th January	Inter Unit Bingo	Montgomery Activities Rm 2 -3 pm
Thursday 12th January	Holy Communion C of E	Balmoral Lounge 2.15pm
Tuesday 17th January	Inter Unit Dominoes	Montgomery Activities Rm 2-3pm
Wednesday 18th January	Story Teller	Balmoral Lounge 2pm
Tuesday 24th January	Balmoral Residents Meeting	Balmoral Lounge 2pm
Wednesday 25th January	Scottish Piper	
Wednesday 25th January	Burns Night Meal - Adressing The Haggis Etc!	5pm
Thursday 26th January	Chinese New Year of the Rooster! Foodies Quiz	Balmoral Lounge 2pm
Friday 3rd February	Holy Communion Catholic	Montgomery Activities Rm 11am
Wednesday 8th February	Paul Nicholas (Singer)	Montgomery Lounge 2pm
Tuesday 14th February	Sing A Long with David	Montgomery Lounge 2pm
Tuesday 14th February	Valentines Lunch for our couples	Montgomery Activities 12.30pm
Tuesday 14th February	Movie Afternoon	Balmoral Lounge 1.00 onwards
Thursday 16th February	Holy Communion C of E	Balmoral Lounge 2.15pm
Thursday 23rd February	Poetry Please	Balmoral Lounge 2pm
Wednesday 1st March	St Davids Day Quiz	All Units times vary
Friday 3rd March	Holy Communion Catholic	Montgomery Activities Rm 11am
Tuesday 7th March	Pony Pals	All Units Start at 2pm
Wednesday 8th March	Holy Communion C of E	Balmoral Lounge 2.15pm

Friday 17th March	St Patricks Day	
Tuesday 21st March	Inter Unit Bingo	Montgomery Activities Rm 2pm
Saturday 25th March	Mothering Sunday Afternoon Tea	Balmoral Lounge 2pm
Tuesday 11th April	Sing A Long with David	Montgomery Lounge 2pm
Thursday 13th April	Easter Talk and Chocolate Tasting!	Balmoral Lounge 2pm

**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.