



PAX HILL

Care home for the elderly

# Balmoral Quarterly Newsletter

*Spring 2015*

Hello again,

Welcome to the Balmoral Spring 2015  
newsletter.

It's good to see the days gradually becoming longer and knowing hopefully that the worst of the winter is behind us. The crocus and daffodils are popping their heads above ground and Christmas seems so long ago but we still have the memories and of course, the photographs to remind us it was a fun time.

We are looking forward to a busy Spring season and a chance to spend more time outdoors. Whether it be the organised bus trips or just having a walk in the garden. Fresh air and the sun on our face always lifts the spirit.



Bamoral Nursing Station

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We did have a very busy winter programme with the first Paxhill Christmas bazaar, (which was a terrific success) and our Christmas parties. Visits from The Bentley Belles, Treloars student choir and Bentley School choir in their festive jumpers and hats, certainly helped ease us into the Christmas spirit. Father Christmas even managed to drop off a present to all our residents before he headed off on his sleigh. I'm sure there was something for everyone to enjoy. Thank you to everyone who came along and joined in to make it fun and memorable.





Already this year we have had our tea dance, a Burns celebration and a visit from Birdworld. Our Valentines couples lunch took place as usual but this year with entertainment for everyone to enjoy afterwards.

Looking forward to the milder weather, we are putting together some outings as its time to get out and about. Please check the notice board and planner for exact dates.

A monthly inter-unit Bingo and domino meet are planned and we are looking at a regular sing-a-long get together.

## TEA FOR TWO

Unfortunately, the original tea dance had to be postponed as residents and staff were struck ill with the horrible bugs that were going around. Once everyone was fit again, tables were decorated and a dance floor made in Balmoral Dining room.

A big thank you to Shirley who came along

to lead the dances and to Lucy, Anne and Jessica who helped residents to have a fun afternoon. There was a lot of wheelchair dancing, but those still on our feet gave it our best shot. The Staff in the kitchen baked and decorated some delicious cup cakes, a sneaky treat for residents who could not, or chose not to attend the dance itself, to enjoy in their room.... with lots of cups of tea of course!



## RABBIE BURNS AFTERNOON

Some of our residents made some lovely buttonholes from the heather in the Paxhills' garden to be worn on Burns' Day. Stephen Morris sang to entertain us.

## LET'S GET MOVING

A few of our residents had asked about doing exercises. We have started getting together at around 10 am (tea trolley dependant) for a chair exercise class. We meet on a Tuesday and Wednesday morning at the moment in the activity room so come along and join in. Its fun, keeps us moving and don't worry about not being fit we adapt the exercises and pace to suit individual ability.



## FUR AND FEATHERS (AND SOME SCALES) AT BIRDWORLD VISIT

A flutter of excitement spread through Pax Hill at the start of February when Birdworld brought in some of its residents to surprise us. Zingo the parrot , Whisper the owl with Barry the bunny. A chinchilla with the softest coat was a definite favourite then with gasps from the audience a snake called Monty was pulled from a bag. With slight trepidation hands were held out to stroke her but almost everyone was surprised at how she felt. The final creature wasn't fluffy or cute.....a giant centipede crawled over the hands of the few brave hearts...not for me!



# HAPPY BIRTHDAY

Vera Adamson, Joan Rowlandson and Pat Dyer all celebrated their birthday in the first quarter of 2015. Many happy returns to all of you.





## LOVE IS ALL AROUND US

Friday the 13th may be unlucky for some, but for residents of Pax Hill it was an early Valentines Day.

A romantic lunch was served to all the Paxhill couples followed by entertainment to make us all swoon from Stephen Morris in Montgomery lounge afterwards.

## FANCY A KNIT AND NATTER?

Whether it's the knitting or the nattering that interests you, you are most welcome to come and join in. Just simple wool chains are being knitted to decorate Montgomery activity room (well we are easily distracted when there is tea and gossip to catch up with). Please check the notice board, or ask Heather or any staff member, when the next meet is being held and come along. Hope to see you there.

## THIS IS ME

Just as a way to get to know you better and to allow new staff to learn about you without asking all the same questions, we have a booklet named "this is me" that we would love you and your friends and family to fill in. You don't have to answer every question and you can add things we may have forgotten to ask. Its also a really nice way of reminiscing about your life and how you got to be the person you are today. Everyone has a story to tell. Please can we read yours? I will bring the booklets round to your rooms for you to look at and you can let me know whether you wish to fill them in by yourself or have someone else be your secretary.

Please don't hesitate to ask if there is some activity in particular you would like to take part in either by yourself or in a group. I'm always looking for new ideas and maybe others would be interested in your talent or interest too.

If you would like the quarterly newsletter or any photographs emailed to you direct please let me know on [balmoral-activity@paxhill.co.uk](mailto:balmoral-activity@paxhill.co.uk)

Well that's all for now from me for the moment. We are off to make some memories for the summer newsletter.

*Doreen*



## DATES FOR THE DIARY

Thursday 5th March 2pm	Inter Unit Dominoes	Montgomery Activities Rm
Friday 6th March 11am	Catholic Holy Communion	Montgomery Activities Rm
Wednesday 11th March 2pm	C of E Holy Communion	Balmoral Lounge
Friday 13th March	Mothers Day Flowers	All Units
Tuesday 17th March 2pm	St Patrick's Day Entertainment Andy Martin	Balmoral Lounge
Thursday 19th March 2pm	Inter Unit Bingo	Montgomery Activities Rm
Thursday 26th March 1.30pm	Mystery Tour Bus Trip	
Thursday 2nd April 2pm	All about Easter Talk by Kate	Balmoral Lounge
Wednesday 8th April 2pm	Pony Visit	
Thursday 9th April 2pm	Inter Unit Dominoes	Montgomery Activities Rm
Thursday 16th April 1.30pm	Visit to Forest Lodge Garden Centre	
Thursday 23rd April 2pm	St George's Day Entertainment The Duke	Montgomery Activities Rm
Tuesday 28th April 1.30pm	Sip and Knit	Windsor Lounge
Thursday 30th April 2pm	Inter Unit Bingo	Montgomery Activities Rm
Friday 1st May 11am	Catholic Holy Communion	Montgomery Activities Rm
Thursday 7th May 1.30pm	Visit to Country Market Garden Centre and Shop	
Tuesday 12th May 1.30pm	Sip and Knit	Montgomery Lounge
Wednesday 13th May 2.15pm	C of E Holy Communion	Balmoral Lounge
Thursday 14th May 2pm	Inter Unit Dominoes	Montgomery Activities Rm
Tuesday 19th May 2pm	Costumes from Chawton House	Balmoral
Wednesday 20th May 1.30pm	Sing Along	Balmoral Lounge

Thursday 28th May 2pm	Inter Unit Bingo	Montgomery Activities Rm
Saturday July 4th	Pax Hill Vintage Fete. Don't miss this treat.	
Saturday July 25th	The Old Pax Hill House is the venue for 110 Scouts who will be having a "Send Off" on their way to the world Jamboree in Japan.	

PLEASE CHECK NOTICE BOARDS ON ALL UNITS FOR EVENTS