



PAX HILL

Care home for the elderly

# Balmoral Quarterly Newsletter

*Summer 2016*

Hi Everyone,

As you can see we have had a busy few months since my first new letter, after the fete there will be even more in the next!

We are all looking forward to the up coming events as well as spending time together in our usual activities.

Please remember, everyone is always welcome in the activity room. Even if there is nothing scheduled, chat, company and a cuppa will always be available.

Thank you

Sandi

## 103 AND NOT OUT!

We were delighted to celebrate the birthday of our oldest resident – it is amazing to realise he was born in the year before the 1st world war broke out.

Just imagine the changes in the world and how busy everything has become the hustle and bustle of day to day life:-

Being able to fly to Scotland in half an hour. Being able to fly to the other side of the world., being able to fly to the moon!



Balmoral Nursing Station

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## CHEESE AND WINE

We held a cheese and wine afternoon.

We had lots of lovely wine including, a crisp chardonnay, a Californian rose and an Argentinian red.

Sandi offered around the different Wines and Cheeses, and Kate told us which Cheese went with each wine, with a lovely story to accompany each one.

The cheeses included Double Gloucester, Brie, Stilton, two different Cheddars Red Leicester

Grapes and Crackers.

Everyone really enjoyed themselves and we have had several requests to make this a regular event!



## SCRABBLE AT PAXHILL

Our Pax Hill scrabble club is lively and thriving with about 9 active members at the moment, but anyone can stop by for a game and a chat with friends. Scrabble is both fun and a real brain work out, to quiz over all those words and work out the scores! .We have also had, Leila and Melvin, from Lord Wandsworth College, join us to play a game or two, it was lovely to see a lovely mixture of ages all joining in together.

It is really a pleasure to see them, and we enjoy their weekly visits.



## DOMINOES

We have interunit dominoes up on Montgomery floor. Some ladies from Balmoral popped up for a game. Some of the ladies had not played dominoes for quite some time, they really enjoyed playing again. Melvin and Leila joined in the fun, we are all looking forward to the next game bringing memories of childhood games rushing back - a lovely warm feeling.



## POETRY PAGE

The summer sun breaks through the clouds

It makes us want to shout out loud

Finally our summers here

My favourite part of every year

All the flowers sway to and thro

In Farmers fields the food will grow

Rich in colour and vibrant choice

It's like they have been granted a voice

Ice cream Candy floss a trip to the beach

Everything that is fun is within our reach

Lounging on sun chairs or sitting on the sand

Anything we want its all at hand.

Finally our summers here

My favourite part of every year.

## FIGHTING FIT?

We formally exercise once or twice a week, doing light exercises sitting in chairs or wheelchairs, with lots of breathing and stretching we play music and have fun with friends and company. This keeps us all fit and healthy moving joints and muscles that could otherwise seize up.

We then have ten minutes relaxation with a classical tune, and warm down and while listening to the lovely music – we have even introduced a spot of meditation into the routine.



## GILBERT WHITE'S HEAD GARDENER

It was very interesting when Gilbert Whites head gardener came to visit us and give us a talk about Selbourne House Gardens.

We were shown a short film, showing the neglected gardens the way they were, and the ongoing transformation keeping and reintroducing the features of Gilbert White's time – including phony, but authentic, board sut outs of statues (Mr White had limited money but big ambitions). They look extremely beautiful and we are looking forward to maybe visiting them in the future.



## GEOFF'S MUSIC

Playing old favourites that we all knew, we had a lovely afternoon singing and tapping along. For those of us who were a bit peckish, a nice glass of wine and nibbles were on hand.

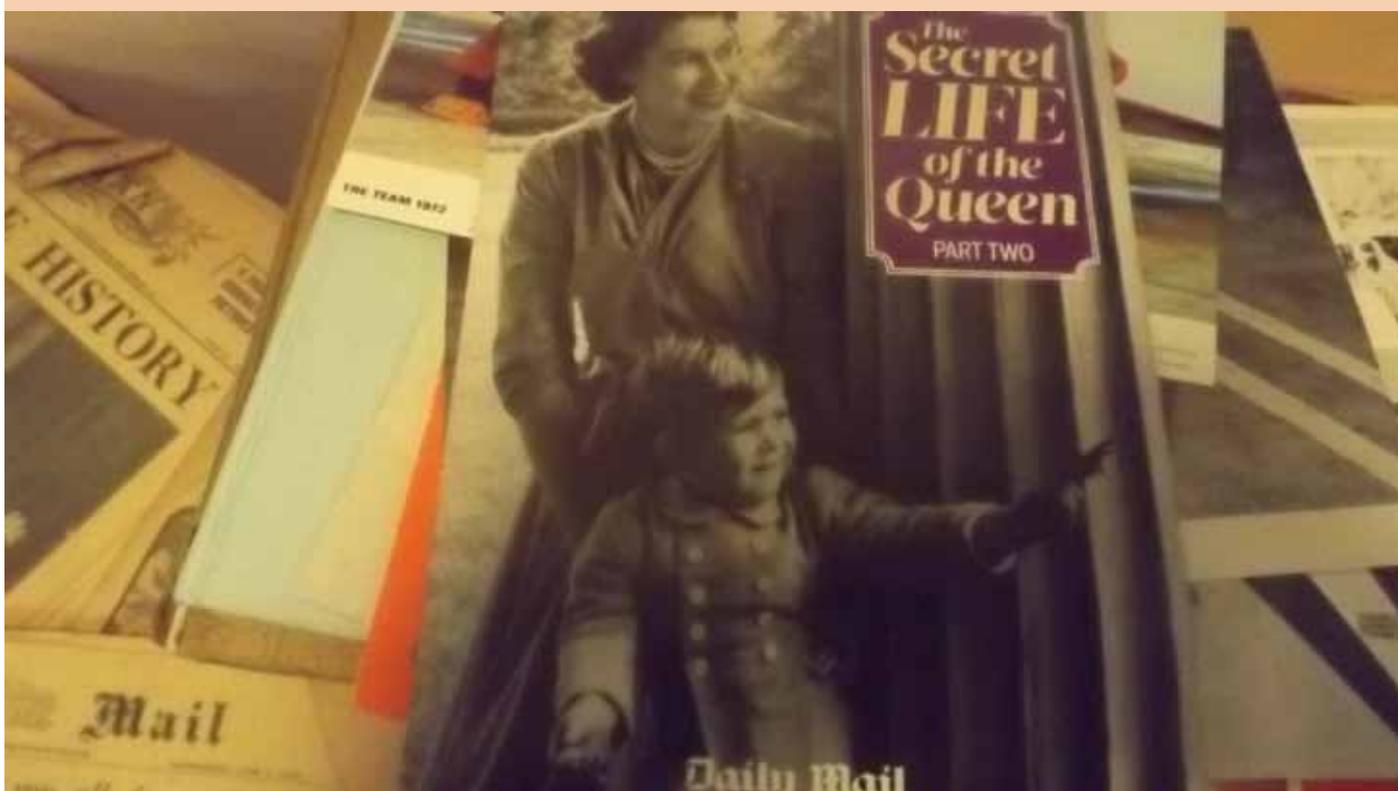
We were lucky to be entertained by a such seasoned performer: Geoff is just a small part of a Jazz band called Otis B Driftwood who perform in venues including Farnham Maltings.



## QUEENS BIRTHDAY

We all raised a glass of Pimm's to Her Majesty on her official birthday, with a get together in the dining room on Balmoral. Decorated with Union Jack bunting, flags and flowers it really got us in the spirit of celebration. Our wonderful chefs supplied sandwiches and lovely Victoria sandwiches cakes along with jugs of Pimm's. Staff and residents sang the national anthem before we tucked in Sandi supplied a new Union Jack that Ray erected, making it a completely enjoyable afternoon.

Happy Birthday Ma'am



## SUMMER FETE

We are looking forward to this year's Pax Hill Vintage Summer Fete , on 2nd July 2016, starting at 1pm and continuing 'til 4, there will be lots of stalls featuring food, gifts, jewellery, a tombola, a raffle, traditional fete games and lots of other things to see and do. Our vintage theme this year is the Queen, we will look forward to seeing you there and in the mean time, all donations for the tombola, book stall and, on the day, home produce, would be very welcome!

## VIC'S TUNES

Vic came along and we had a real old sing a long in Balmoral. Vic played some nice songs for all different ages, so there was something for everyone. Lots of us sang along and even some of our guests had a dance or two. There was really nice food enjoyed by all of the residents and guests. It really made it so much more special because we all joined in together.



## VINTAGE FILM SHOW

In keeping with our queens 90th birthday, we had a vintage film show. We enjoyed lots of films featuring The Queen's coronation, Jubilee, and other events of the 1950s. We all found it very interesting and the man is going to return at least once a month





## DATES FOR THE DIARY

Tuesday 19th July 2-3pm	Talk on The Oates Collection	Balmoral Dinning Rm
Thursday 21st July 2-3pm	David and his Piano	Montgomery Lounge
Friday 22nd July,	Ice Cream	New lands Corner
Tuesday 26th July 1.30pm pick up	Trip to Country Market Garden Centre	
Thursday 28th July 2-3pm	Sip and Knit	Windsor Lounge
Tuesday 2nd August,	Fish and Chip lunch.	Rockby's Portsmouth
Wednesday 3rd August	Inter Unit Dominoes	Montgomery Activities Rm
Friday 5th August 11am	Catholic Holy Communion	Montgomery Activities Rm
Tuesday 9th August 2-4pm	Mill Cottage Farm visit Pax Hill	Pax Hill Courtyard
Wednesday 10th August 2.15pm	C of E Holy Communion	Balmoral Lounge
Wednesday 17th August 1.30 pick up	Badshot Lea Garden Centre	
Wednesday 31st August 10.30pm	Trip to Bird World and Picnic	
Friday 2nd September 11am	Catholic Holy Communion	Montgomery Activities Rm
Wednesday 7th September 2-3pm	Sip and Knit	Montgomery Activities Rm
Wednesday 14th September 2.15pm	C of E Holy Communion	Balmoral Lounge
Wednesday 21st September 2-3pm	Entertainer	Montgomery Activities Rm
Thursday 22nd September	Cream Tea.	Badshot Garden Centre
Wednesday 28th September 2-3pm	Inter Unit Bingo	Montgomery Activities Rm
Friday 30th September	Sing A Long	Balmoral Lounge