



Balmoral Quarterly Newsletter

Spring 2019



BURNS NIGHT

On a dark winter night there is something very comfortable about settling down to a bowl of Scotch Broth followed by all the trimmings of a Burns Night Dinner – Haggis was an optional extra on a plate already boasting tasty faggots, neeps and tatties and proved to be very popular. Finished off with a bowl of Cranachan (a delicious pudding of oats, cream and raspberries) laced with whisky (to add to the little nip enjoyed with the main course) all left the dining room warm and well fed.

Balmoral Nursing Station

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PAX HILL
Care home for the elderly

YEAR OF THE PIG

This year, according to the Chinese Calender, is the Year of the Pig, which just happens to be your activity co-ordinators favourite animal. In honour of this, we had a Talk – ‘Everything but the Squeak’ all about the history and many and diverse uses of pigs and piggy bits! From Marshmallows to early Photography, replacement heart valves and forensic science, Leonard Da Vinci to Court Jesters, pigs have at some point been essential to their success. Piggy nibbles and a glass of cider, to reflect the pig’s natural affinity to apples, helped jolly along the afternoon.



ORIGAMI

We like a challenge and origami certainly can provide one. Starting with an angel fish, we progressed through making a rather cute fox, a useful little box requiring precise folding and our piece de resistance – a most adorable pink pig to celebrate Chinese new year!

ART CLASS

Never say that the good folks of Balmoral don't enjoy a challenge – and most weeks our art club offers just that! Sometimes we work our way through exercises focussing on techniques and new ways of looking at things – other times we launch ourselves at a range of subjects including still life, landscapes or even graphics! After a quick demo the artists normally chose from a range of linked subjects but on this day, we were all tackling the same Irish cottage – only one colour allowed so everything depended on tone and texture! In the immortal words of Bruce Forsyth – 'Didn't they do well?!?'



SPRING HAS SPRUNG

Adapting an old proverb, if the residents can't go to the daffy's, then the daffy's will just have to go to the residents! In between blustery showers, a selection of daffodils were picked from the hundreds of clumps that line the drive and drift below the trees of Pax Hill. To balance the zingy yellows and fresh whites of the daffodils we wrapped jars in a variety of spring coloured crêpe with contrasting raffia binding. Bouquets were scattered about the sitting room whilst all the dining tables had a few blooms in a posy vase. Lovely, but who would have thought flower arranging was a spectator sport!



SECRETS!

One of the great things about Pax Hill is the variety of lives and experiences of the people who live or work there. Who would have thought that we had someone working with us who had brushed shoulders with both pop stars and extras on ROSPA adverts! "Secrets of a Make up Artist" was the title of the informal afternoon when Ann shared her portfolio and stories of her adventures in the world of stage make up. A fascinating and amusing glimpse into the other side of stage and television production.

HYDESTILE

Graham joined us from the Hydestile Animal Hospital with a variety of feathered, furred and prickled friends. He proved to be a natural entertainer with both residents and staff totally engaged in his presentation. The various animals, either on their way to release or, if this is not an option, settled into their new homes, proved to be totally chilled. Even the baby squirrel was ridiculously laid back whilst the rather up market Chinchilla found in Windsor Great Park knew exactly just how beautiful he was. However the pole cat, on the basis he was not a ferret refused to go up this gent's trouser leg.!





YARN TIME

'Yarn crafts' is one of our regular weekly activities, chance for a good chat whilst knitting or sewing – mostly for charity. I am sure many of you have seen some of our talented ladies' work in reception whilst prem babies throughout the area sport Pax Hill made hats, cardies and booties! Roughly once a month we are joined by keen knitters from Alton, friends of one of our residents. Taking over the lounge, the bone china cups are kept topped up with fresh tea and coffee, whilst biscuits and cakes keep the yarner's strength up. Senior knitting experts are very happy to share their knowledge and skills with novices!





TEA TIME

On the eve of Mothering Sunday we love hosting our Family Afternoon Tea. As always, the kitchen came up trumps with a selection of savoury and sweet nibbles and the good old urn kept on steaming away all afternoon to supply a steady stream of tea and coffee. A lovely, friendly afternoon of social chit chat was accompanied by the dulcet tones of John Corin and his harp. Pax Hill's daffodils popped in to crêpe paper wrapped jars added to the cheerful room's décor.

ST PATRICK'S DAY

To be quite honest, any excuse for a do should be Balmoral's motto and following Burn's night's enthusiastic reception, Marie (backed by the rest of the kitchen) was inspired to come up with a special St Patrick's menu. Leek and potato soup was followed by a Hibernian stack with a cake of golden root vegetables under a white chicken breast roulade filled with force meat, topped with a creamy mushroom sauce and a side dish of green cabbage with bacon. Yup, the colours of the Irish tri-colour:- Gold, white and green. Pudding, 'not a glass of Guinness' consisting of rich chocolate panacotta topped with whipped cream enriched with Bailey's presented in a footed glass echoed Dublin's legendary drink, even if in appearance only! The decorated tables and the themed quiz in the menu all contributed to a great evening enjoyed by staff and resident alike, we even had a spot of dancing to the Irish music!



DIXIELAND BAND BRINGS JAZZ TO ENGLAND!

And the other big event of 1919 was the birth in London, on Valentine's day, of one of our residents! Family and friends combined to celebrate this very important birthday with an afternoon tea supplemented by bubbly and plonk. Arriving in style, the birthday girl was delighted with all the fuss, her card from the queen, her personalised quilt, cake, gifts and (of course) being queen for the day!



BILL

We do like a good trip out, mostly we are made very welcome (Farnham Cricket Club were outstandingly good hosts last year), very occasionally our welcome appears a little strained. We made a bold decision early this year to attempt a meal at Bill's, Castle St, Farnham – a favourite café of the ladies who lunch, yummy mummies, and middle-class parents attempting a civilised meal with kids in tow. To this list we now need to add 'vintage diners'. The food was great, the service was impeccable, no effort was spared to meet our needs– what a lovely time we had! Oh – and with their own brand goods, one or two of us took a souvenir back to be enjoyed later.



DATES FOR THE DIARY



April	Weds	3rd	2.00 pm	Song Shine	Balmoral Lounge
	Friday	5th		Grand National Sweepstake (for Race Sat 6th April, Boat Race Sun 7th April)	
	Friday	5th	11.00 am	R.C.Communion	Balmoral Lounge
	Weds	10th	2.00 pm	Make Time for a Cuppa, Dementia Uk	Balmoral Lounge
	Thurs	11th	2.00 pm	Rural Life Talk & Artefacts	Balmoral Dining Room
	Friday	12th	2.00 pm	Balmoral Residents' Meeting	Balmoral Lounge
	Weds	17th	1.30 pm	Balmoral & Windsor Wrecclesham Pottery Trip	Reception
	Thurs	18th	2.00 pm	Easter Talk and Choc Tasting	Balmoral Lounge
	Sun	21st		Easter Sunday	
	Tues	23rd	2.00 pm	Mont. Garden Center Trip	Reception
	Tues	23rd	2.00 pm	St Georges's Day Quiz and Nibbles	Balmoral Lounge

May	Friday	3rd	11.00 am	R.C.Communion	Balmoral Lounge
	Thurs	9th	2.00 pm	Cheese & Wine	Balmoral Lounge
	Tues	14th	2.00 pm	Brendon Clarinet and Violin	Montgomery Lounge
	Weds	15th	1.30 pm	Balmoral & Windsor Canal Center Trip	Reception
	Thurs	16th	2.00 pm	Baden Powell & Pax Hill	Balmoral Lounge
	21st - 25th			Chelsea Flower Show	
	Tues	28th	2.00 pm	Montgomery Garden Center Trip	Reception
	Weds	29th	1.30 pm	Balmoral & Windsor Garden Center Trip	Reception
	Friday	31st	5.00 pm	Italian Day (Italy's Republic Day on Sun. 2 June)	
June	Friday	7th	11.00 am	R.C.Communion	Balmoral Lounge
	Sat	8th	2.30 pm	Queen's Birthday Tea - Hosted by Guides	Balmoral Lounge
	Thurs	13th	2.00 pm	Vic Sings	Montgomery Lounge
	Sat	16th		Father's Day	
	Thurs	20th		Ladies Day at Ascot	
	Tues	25th	2.00 pm	Montgomery Garden Center Trip	Reception
	Weds	26th	1.30 pm	Balmoral & Windsor Garden Center Trip	Reception
	Thurs	27th	2.00 pm	Poetry Please	Balmoral Lounge
July	Sat	6th		Pax Hill Summer Fete	Main Courtyard
	Tues	23rd		Resident's Garden Party	Patio