

KENTON MANOR

♦ RESIDENTIAL & NURSING HOME ♦

SEPTEMBER NEWSLETTER

LATEST NEWS, INFORMATION AND ANNOUNCEMENTS

A Look Back at August

Well, August certainly continued the hot weather we experienced in July! It was another very warm month, so we installed air conditioning in our main lounges where possible. Just like July, we also made sure there were plenty of ice lollies to help everyone keep cool.

Despite the heat, we have had another very busy month, with lots of activities, music, laughter and opportunities for everyone to get involved.

Shirley Mac

On 15th August, we were entertained by the wonderful Shirley Mac. It really was a fantastic day!

If you have noticed our notice boards recently, you may have spotted quite a few of our residents proudly wearing Shirley's wigs. They certainly brought plenty of smiles and laughter!



Little Richard

Our beautiful little boy Shih Tzu, Little Richard, who visits us every couple of weeks, is changing his visiting day from Thursday to Wednesday.

We will next see Little Richard on **Wednesday 9th September**, and we are sure everyone will be delighted to see him.

Kenton Bar & Skittles

Our Kenton Bar, which normally opens every Friday afternoon and offers a choice of beers and wines, had a little extra fun recently with an old-fashioned game of **Skittles**.

There was plenty of laughter as everyone took their turn trying to knock down the skittles. One of our residents certainly showed off her target skills, hitting a skittle with her very first attempt!

It was great fun, and we are sure this is something we will be doing again.

Disco Time!

At the end of July, we held our very first disco, and it was such a success that we're doing it again in September!

Keep an eye on the activity calendar for all the details. Get your dancing shoes ready!

Movie Matinee

Our Movie Matinee sessions continue to feature lots of classic films that we all know and love.

If there is a particular film you would like to see, please let me know. We are always happy to hear your suggestions for new titles.

Drumming & Gym Balls

If you've ever been in the building while we're drumming on our gym balls, you'll know that it can get quite noisy!

However, it is great fun and provides some excellent exercise for everyone involved. If you fancy giving it a go, we run these sessions in the mornings, so please check the activity calendar for our next session.

Creative Corner

Our Creative Corner sessions have been very busy. During August, some of our residents had a go at making papier-mâché. The pieces have now set and are ready to be painted.

We are hoping to turn them into some fantastic masks ready for Halloween, so watch this space!

We have also received lots of new materials for our Creative Corner and Art Club. Over the coming months, we will be working on a variety of projects which we hope to display and possibly sell as part of our fundraising efforts.

If you would like to get involved with any of our creative projects, please come along — everyone is welcome!



Flower arranging is now a huge hit with many residents, and you can see some of the displays around the home.

Kenton Manor Harmony Choir

Do you love to sing?

Our **Kenton Manor Harmony Choir** meets every Monday afternoon, and everyone is welcome to join in.

We also have regular karaoke sessions for those who fancy taking centre stage and singing a favourite song or two!

Quizzes, Riddles & Bingo

We like to have a morning quiz about once a week, and during August we have enjoyed plenty of quizzes and some good old-fashioned riddles.

We have also introduced some alternative types of bingo, which have proved very popular.

During September, we'll be running some of these again, including Musical Bingo, Traditional Bingo, Picture Bingo and Card Bingo

If you would like to know more about any of these games, please come and ask. We are more than happy to explain how they work!

Beetle Drives

Have you ever played a **Beetle Drive**?

If you haven't, don't worry — come and talk to me and I'll explain how it works.

We are hoping to hold one during a coffee morning soon. They are great fun, very sociable and usually involve plenty of laughter!

Smile Through Sports

Smile Through Sports joins us on the **second and fourth Tuesday of every month**, bringing us a variety of games and activities for everyone to enjoy.

The competition can be quite high — but the fun and laughter are even higher!

Keeping Fit

Armchair Exercise is just one of the many keep-fit sessions we hold each month.

In August, we introduced **resistance bands** to some of our sessions. We have been trying them out to see how everyone feels about using them, and they have been very well received.

Of course, we still enjoy our **Party Fit** and **Dancing Fit** sessions too. There really is something for everyone!

Reminiscence & Wartime Memories

We had a very interesting and thought-provoking reminiscence day looking at wartime memories and rationing.

It led to some wonderful conversations with our residents, who shared their memories.

A Taste Test

We also carried out a little taste test during August, trying some different flavours of crisps to see which one's people preferred.

There were some interesting results, with many people managing to identify one of the three flavours. However, only one person managed to correctly identify all three!

A huge well done to our Head of Domestics, who got all three correct!

We will be trying something similar again this month to see how good everyone's culinary taste buds are!

Looking Ahead to September

We have another very busy month planned!

Our First Kenton Festival!

Something very exciting is coming up — our very first **Kenton Festival**, bringing together Kenton Manor and Kenton Hall.

Our theme is **Country & Western**, so we're expecting plenty of fun, music and maybe a few cowboy hats!

Trish has been working hard preparing a competition/game for everyone to enjoy, and we have singers coming to perform at both Kenton Hall and Kenton Manor.

Weather permitting, we'll be holding as much of the festival as possible in the garden. If the weather doesn't cooperate, we'll simply share the celebrations between the two care homes.

The big day is Saturday 5th September, so it's coming up very quickly

Planting for Spring

In September, we are hoping to get some of our spring bulbs planted, ready to bring some lovely colour to the gardens next year.

Our lovely Trish is also creating some pots for us to plant them in, so we should have plenty to look forward to when spring arrives.

What's Coming Up?

As always, there is lots happening throughout September — from music and singing to exercise, quizzes, bingo, creative activities, trips out and special events.

Please keep checking the activity calendar and notice boards for dates and times.

And remember, if there's an activity you'd like to try, a film you'd like us to show, a song you'd like to sing or simply something you think everyone would enjoy, **please come and tell us!**

We are always happy to hear your ideas.

3 September 2011 – Kenton Manor opened its doors for the first time and our very first resident, the lovely Rochelle has lived here with us and along with all our residents, staff and families Rochelle will be celebrating with cakes for all.

5th September – Kenton Country Festival

16 September -Another fun filled day out with Myley Tours.

21 September – World Alzheimer's Day

25 September – Macmillan Coffee Morning

BIRTHDAYS THIS MONTH

BARBARA 6/9

VIVIEN 17/9

KAM 20/9

MARJORIE 24/9

GAVIN 25/9

STEVEN 25/9

HARRY 30/9

RELATIVES MEETINGS

24th September 2pm

8th October 2pm

26th November 2pm

3rd December 2pm

A MESSAGE FROM THE MANAGER

During August we had some glorious weather. Residents enjoyed lots of time in the garden, fabulous family get together and sing along.

I would like to express a huge thank you for your support of our mini fundraising events for our residents, this all helps to contribute for the amazing singers, activities, games and fun we put together.

We endeavour to ensure that the residents have a varied activity programme, stimulation and to be engaged throughout the day.

Your continued support along with our staff can make this happen.

Please make a note of the dates of our relative's meetings as we would like to see as many of you as possible with any thoughts and ideas you may have.

Always remember my door is open Monday to Friday 9 – 5 if you have any concerns do come and see me.

As we head into Autumn, we look forward to a busy season, and I wish you all well.

Kellie Brown

Manager

DONATIONS FOR OUR HALLOWEEN RAFFLE WOULD BE MOST WELCOME

RAFFLE TICKETS WILL BE ON SALE SHORTLY

COMING UP: HALLOWEEN PARTY SATURDAY 30 OCTOBER 2PM

Here's to another fun-filled September! 🌻

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