

GREETINGS FROM ST ANDREWS

SEPTEMBER 2020

And we welcome Autumn this month. We have hallowe'en, bonfire night and Christmas looming on the horizon. The children are heading back to school, and the nights begin to draw in.

Leaves are turning colour, and we are looking out our sweaters and coats for those cooler days .

Maybe you have some Autumn memories or traditions that you share with your family? If you would like to share them with us, I am more than happy to print them here.

Last month I asked for your summer recollections, and Ruths daughter kindly sent me some photographs of Ruth and here they are for you to see. Thank you Sarah for sharing theses.



this is Ruth with her mum and dad, and little sister, heading for the beach



Heres Ruth, at a caravan in Somerset and later with her family at Longleat

ACTIVITIES

This month we have done lots of arts and crafts. Some have been done with me, and some have been done with my "glamorous assistant" Marie. Marie is a younger resident, who offered to help me out, and who may have found her vocation in activities. Shes been a great help, and when she moves on later this month, I will be very sorry to see her go. Good luck in whatever your future holds Marie .





We have had our sing a longs, some quiz and trivia sessions and some armchair exercises. Its all been fun and laughter, and we are keeping everyone entertained and happy.

The raised beds are going well, and we managed to raise some little turnips from them recently. Gardening is not my thing, but resident Brenda, keeps me in order while we are outdoors.



We have also been doing armchair exercises, some working harder than others to shift those lockdown pounds we might have gained!!



Work is now in progress for the next session, with plans for Hallowe'en fun and games, and I have written a pantomime for the staff to perform for the residents nearer Christmas.

(oh yes I have !!). Keep your eyes peeled for further updates on this, and all our other activities, on our facebook page.

BIRTHDAYS

August brought the happy birthdays for 3 of our residents,



Eileen



Lance



Marion

Our poor cook, Helen, has broken her shoulder, and is having to take time off work, but a big well done and thank you to Michelle and Nicky, who have both stepped up to ensure the dinners keep on coming to the high standards that we are used to. Also thank you to Hayley and Carol, who have taken on extra hours to make sure everything is covered . ladies of the kitchen, we salute you xx



Please continue to follow us on facebook, and if you like what you see, or would like to leave a rating for us , please do so at www.carehome.co.uk , we love to see your comments .

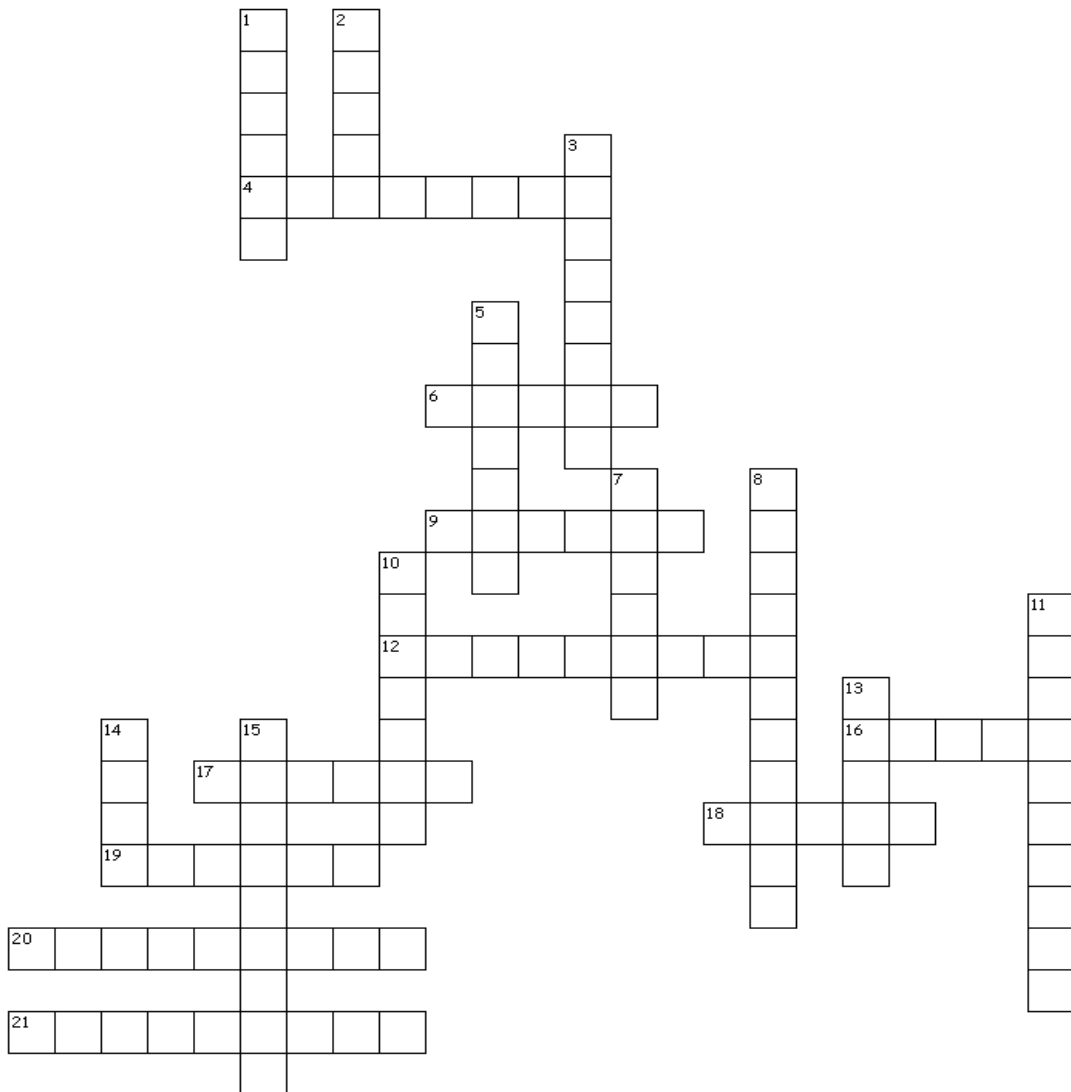
we cant thank you enough

that's all of you, who keep ringing to say thank you, sending us cards that say thank you, and keep popping in with little gifts and treats for us all. Its so kind and thoughtful, and we are grateful that we are not forgotten by everyone x x



And finally.....

A food based crossword to keep you busy. Answers over the page .



Across

4. t.v comedy with Ronnie Barker
6. vegetable that makes you cry
9. chocolate or cheese served at 60's parties
12. citrus preserve eaten on toast
16. Italian dish you can get delivered
17. eaten on burns night
18. wobbly fruit dessert
19. smoked herring
20. sauce served with turkey
21. meat patty named after German town

Down

1. advertised by Gary Linekar
2. grown from a beet or a cane
3. a root vegetable that stains red
5. the meat from a deer
7. the sort of pie you eat when you are wrong
8. this man ran as fast as he can
10. vegetable associated with hallowe'en
11. the fields the beatles sang about
13. sauce served with pork
14. vegetable associated with wales
15. a rude noise or a fruit on a cane

CROSSWORD ANSWERS

ACROSS...

4. PORRIDGE

6. ONION

9. FONDUE

12. MARMALADE

16. PIZZA

17. HAGGIS

18. JELLY

19. KIPPER

20. CRANBERRY

21. HAMBURGER

DOWN..

1. CRISPS

2. SUGAR

3. BEETROOT

5. VENISON

7. HUMBLE

8. GINGERBREAD

10. PUMPKIN

11. STRAWBERRY

13. APPLE

14. LEEK

15. RASPBERRY