

# ASHDALE

# TELEGRAPH

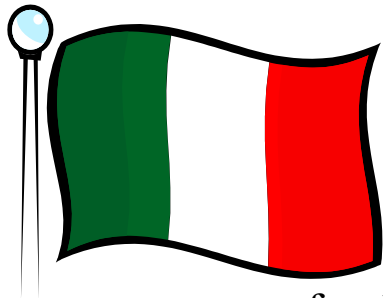
Edition 12. Number 15 August 2008.

---

A newsletter for the Residents of Ashdale, their relatives and friends.

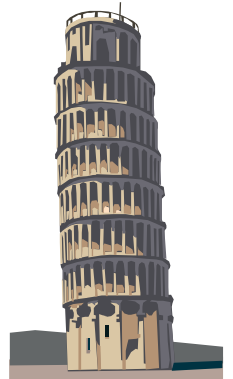
---

## Italian Day Feast

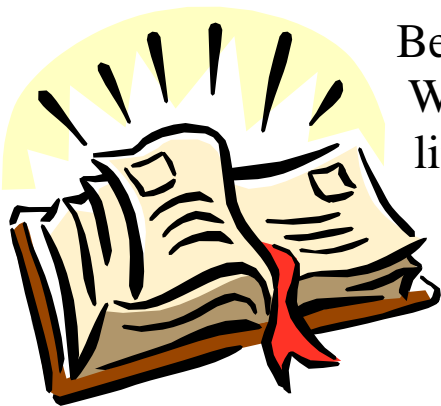


We had our Italian day this month. As some of us can speak Italian we had a mini language lesson. We also had a quiz and a game of Italian Boules. But the most successful event on the day was the Italian food tasting, we even baked our own ciabatta.

The Italian cheeses went down well, though some were a bit smelly!



## Bethal Baptist Church



Bethal Baptist Church came and visited us this month. We sang some lovely hymns together, we are quite a little choir with all the practice we get! The ladies from the church did some readings which brought back memories for most of us. They will be joining us again soon.

## NEW SUMMER ACTIVITIES

### Ashdale Master Chef

New cooking classes started this July. We have been experimenting with new food we have not tried, so far we have made pizza, pineapple pancakes and cherry scones.

### Saturday literature group



We have also started a new literature group, some of us love poetry, others enjoy a short story. We meet most Saturdays mornings and all share our favourites.

### Summer Circle Groups

Our Summer Circle Groups have gone well this month despite the weather!

We celebrated National Ice cream Day by having a 'Sundae Afternoon' and also had a picnic another week in the garden. Thank you to Mindy who has been so kind in preparing all the treats for these afternoons.



## THE CARPENTRY GROUP HAVE GONE FOR A DUCK

The Carpentry group has finished making and painting the garden duck. He will be going outside to join the birdhouses and the wheelbarrow which have also been made by the group. We look forward to the next creation from the group.

## EVENTS LATER THIS MONTH

### Farewell party for Dick

On Saturday 16 August at 6.30 for 7pm we will be having a retirement BBQ at Golden Manor. To bid farewell to Dick who has been a part of our maintenance team for the past 7 years. We wish him all the best for the future. For catering purposes please put your name on the list located outside nursing office.

# SUMMER ARRIVES FOR STRAWBERRY TEA

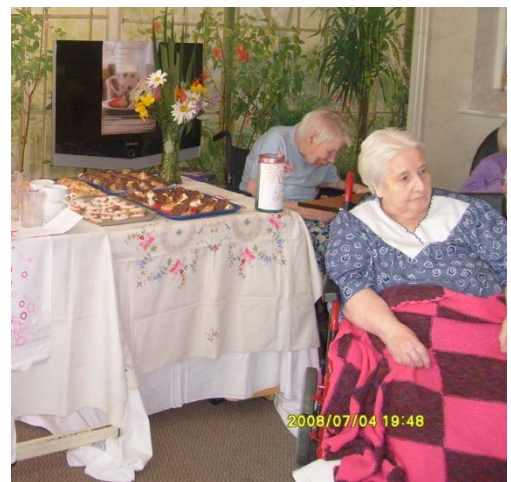
## And not to mention the Prizes

Our strawberry tea took place in the nursing lounge on 26 July. It was a lovely summer's afternoon. Along with the array of lovely prizes, including, a trip to The National Botanical Gardens of Wales. The selection of strawberry cakes and scones was tremendous.

We managed to raise £135.00. A big thanks to all the staff, families and friends who donated to the Strawberry Tea Raffle.

Thanks to the following local business's who kindly contributed prizes:

Folly Farm	the Brasserie, Pembroke
Carew Inn	Cleddau Bridge Hotel
Palace Cinema	Second Gear
The Well Being Clinic	the National Botanical Gardens of Wales



# **What's happening at Ashdale in August 2008**

## **Monday 4<sup>th</sup> August: National Friendship Day**

Is celebrated on the first Sunday of August we will be having a special morning tea starting at 10.30am in the Residents Lounge on Monday to reminisce friendships old and new

## **Thursday 7<sup>th</sup> August: Quality Circle Meeting**

Come along and voice your opinions thoughts and ideas  
All Resident's, family and friends welcome  
Starting in the Nursing Lounge at 2.30pm

## **Saturday 9<sup>th</sup> August: Booklovers Day**

A chance to discuss your favourite books whether it be poetry, fiction, non-fiction etc and to celebrate Enid Blyton's birthday!! Come and listen to readings and explore the wonderful world of books

## **Thursday 14<sup>th</sup> August: Cooking with Tasha**

Two many cooks spoil the broth NEVER!!! What will it be today Jam? Chutney? Quiche?  
A loaf of freshly baked bread?  
A surprise awaits to tempt the taste buds

## **Tuesday 19<sup>th</sup> August: A Gilbert & Sullivan Treat**

Shirley Davies will be coming to entertain you with a selection of Gilbert and Sullivan songs and some old time favourites  
Starting in the Nursing Lounge at 3pm

## **Saturday 23<sup>rd</sup> August: Ashdale Fete**

We are having a combined Fete with Golden Manor School  
All donations greatly appreciated  
The Fete will be at Golden Manor School  
Starting at 2.30pm. Everyone welcome.

## **Tuesday 26<sup>th</sup> August: Natural Wellbeing Clinic**

Susan & Zoe will be offering the residents either Aromatherapy Massage or Reflexology. See Deirdre for details  
Starting in the Residents Lounge at 3pm

## **Saturday 30<sup>th</sup> August: Bellydancing with Guinivere**

Guinivere and her students will be coming to dance for you  
Starting at 3pm in the Nursing Lounge