



ASHDALE TELEGRAPH

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

Olympic Celebrations



This month has been great for our sports fans, we have loved watching Britain do so well this year and make us proud. We joined in the celebrations by having a special Olympic Celebration Day. We had sports quiz's, reminisced on our own sporting achievements. We also tried lots of different types of Chinese food. Most of us had never tasted this before...Gavin was the only fan! Most of us will stick to our roast dinners and bubble and squeak. Congratulations Team GB on achieving 47 medals and fourth position.

Ashdale Master Chief

Our weekly cookery class is still a firm favorite! This month we have made Sherry Trifles, and fruit tastings. The focus has been on food from foreign Lands. The unusual fruits were really popular, especially the mango, Kiwi fruit and physalis peruviana. As a result some of us are choosing to have fruits for breakfast. We are fast becoming a group of Delia Smith's!



Beauty Therapy

This month we have started our own Beauty Therapy Group. We have enjoyed afternoons of pampering ourselves with manicures, facials and massage. Tasha brought in a selection of different treatments; it was funny when some visitors arrived to find us with mud packs on our faces! We have now got our own Avon Representative so we can treat ourselves next month too.



Literature Group

This month saw a special event for the literature group as it was National Book Day. We selected extracts from our favorite poems and plays and



read to each other, we also discussed our favourite authors and what they mean to us. In the afternoon we chose two films based on books and had a cinema experience with popcorn, ice creams and a matinee performance! We are currently looking for local people to come in and read to us, so if anyone knows of a budding author let us know!!

Farewell party for Dick

Last month to bid farewell to Dick we had a BBQ at Golden Manor. It sounds like everybody enjoyed themselves with a fireworks display and Hazel jumping out of a box. We wish him all the best for the future.



A ROYAL CELEBRATION

Happy Birthday Elsie



Elsie received a fantastic surprise on her 90th birthday. Her daughter Barbara Rademacher wrote to The Office of Prince William and Prince Harry asking if they could send her mother a card for her birthday because as everyone knows at Ashdale Elsie has always been a great fan of The Royal Family. They did more than send Elsie a card they sent her 3 photos of The Royal Highnesses and a letter in a frame to add to her collection.

Belly Dancing very popular

We were very pleased to have the return of belly dancing this month. It proved to be very popular. I think the pictures speak for themselves. They will probably be back by popular demand.



Bank Holiday

This August Bank Holiday Monday we had a treat for tea, we all had hot dogs and onions. Although rather messy they were rather enjoyable and well worth having. My next request is a delicious hamburger please!

What's happening at Ashdale in September 2008

Wednesday 3rd September: Communion

Starting in the Residents Lounge at 11am

Thursday 4th September: Quality Circle Meeting

A chance for you to voice your opinions, thoughts and ideas.

Starting in the Nursing Lounge at 2.30pm

Tuesday 9th September: A taster afternoon and Quiz

We will be cooking some yummy Blueberry Pancakes

Tasting starts at 3pm in The Nursing Lounge

Thursday 11th September: Beauty Therapy 3pm

Do you fancy a manicure, facial or maybe a hand massage?

Come along and be pampered with Tasha

Tuesday 16th September: Natural Wellbeing 3pm

Susan and Zoe from the Natural Wellbeing Clinic will be offering the Residents either Aromatherapy Massage, Reflexology or Indian Head Massage this incorporates the upper back, arms, shoulders, neck, head and face. See Deirdre for details

Thursday 18th September: Coffee morning

There will be raffles and a selection of scrumptious cakes

Starting at 10.30am in The Nursing Lounge

23rd September: Tuesday Shirley Davies

Will be entertaining you with a selection of fabulous songs.

We all enjoyed this very talented performer last time

Come Along to The Residents Lounge at 3pm

Thursday 25th September: The Emmanuel Friendship Group

Come along for a cuppa and a chat and enjoy afternoon of Song and Readings with The Rev John Welsby, Hazel and friends

Starting in The Nursing Lounge at 3pm

Wednesday 17th & 23rd September: Outings with Gloria

Resident's choice!!! You decide where you would like to go

Discuss your ideas with Tasha or Deirdre