



Welcome to my latest newsletter. There are many special days in November such as All Saints Day, Bonfire Night, and Remembrance Sunday, but did you know that there is another special day in November? In fact, there are two other special days - 'Mischief Night' and 'Stir Up Sunday'. The 4th of November is called 'Mischief Night'. This is the night when, in some parts of the country, all sorts of 'naughty' things were done, like putting things in the wrong places etc., (for fun, of course!)

'Stir Up Sunday' falls on the last Sunday of the Church Year, or the Sunday before Advent. Traditionally, this was the day when all the family would return home from Church and take a turn in 'stirring' the Christmas pudding whilst making a wish. This year, 'Stir Up Sunday' falls on 22nd November. Interesting!!

On the day of my last newsletter being printed, I went to collect an award for our home. The award, the G A & J Raison Vase, was presented by Kelvedon in Bloom for "The Best Improved Entrance & Planting" garden and the vase is on display in the front foyer, along with the certificate. Isn't this fantastic news! St. Dominics' has won a few awards now from Kelvedon in Bloom and this is all down to the hard work of Tom, and of course, our residents whom, weather permitting, help to de-head the plants to keep them looking healthy and lovely. Well done!!



Have you noticed that the flowers in the pots have been replaced with colourful winter pansies and trailing ivy? Even in the coming cold winter months, we can still enjoy the colours of our garden.

## Hello Dolly

Many of our residents and families went to see "Hello Dolly" at the Witham Public Hall. Did you all enjoy it? It was nice to see many families and relatives come along and enjoy the outing with our residents.

## "Driving us all the way!!"

Congratulations to our 'handyman' Tom! He has passed his mini-bus driving test!! This means that when we book our trips and there is no driver available, Tom will be able to drive the mini-bus for us. Well Done Tom!

## ENJOYING OUR TEA

Our trip to Poplar Nursery was very enjoyable by Mary, Ethel, Nancy, Rosetta, Hilda, Bunny, Derek, Alma, Olive. We had tea and cake in the tearoom first, then we had a look round the plants and shop, and the weather was very pleasant too. The nursery was getting their shop ready for Christmas, and our residents remarked on how beautiful the reindeers were! (Of course, they were stuffed!). I would like to thank the volunteer wheel-chair pushers, especially Roger and Liz, and resident Eileen's granddaughter Clare, who was on a visit from Australia!



## "Wearing it Pink" Day

Our residents, families and staff really lifted my spirits sky high when I came into work and saw them all in pink last Friday!!! Bunny, John and Derek put their pink shirts on and wore the pink bow ties to go with the shirts, and our ladies also looked lovely wearing pink. Mary even had a lovely pink flower arrangement in her hair. As for our staff, well, there was no stopping them getting into the spirit!!! Lovely Chrissy wore her pink pyjama bottoms, many wore pink t-shirts, scarves, even pink tights! Our volunteer June decided not to get dressed that morning and came in in her pink nightdress with pink bed socks!! and our young carer Devon even came in wearing a pink tutu!!!! (Bless her!) During the morning, I decided it was time for us to show the



management up (in aid of a good cause) and set up musical chairs! I have never seen Jean cheat so much as I did during this game. Jean's arms were knocking out the other contestants - Gloria, Jo, Pauline, Christine and Sharon, and the residents were laughing so much. It was so much fun. **Entertainer Derek made a surprise visit in the afternoon which was great as we finished the**

**afternoon with a good o' sing song!!!!** At the end of the day, we raised a fabulous total of £107.90 for the Breast Cancer Campaign. Thank you so much to everybody who donated to this wonderful cause. I also would like to thank Carol and Lynn in the kitchen for making lots of delicious pink cakes for the day.

## CONGRATULATIONS TO NANCY!

It is lovely to see family visit from 'across the miles'. Our resident Nancy celebrated her 90<sup>th</sup> birthday last month, and Nancy's daughter Janet came over from Canada to spend a few weeks over here and to be here especially at Nancy's 90<sup>th</sup> birthday party. Nancy had lots of family and friends at her party and Nancy was well and truly 'happily tired' by the end of the day.

## Keeping Warm & Dry!

We have just purchased two new wheelchair capes for the residents to wear when they are taken out in the wet and cold (to the surgery etc.,) They will be kept in the drawer in the front foyer.

## KEEPING IN SHAPE!

Our residents enjoyed getting into shape with exercises to music when bouncy Henry returned. Henry told me later that our residents are lovely and full of fun, especially Rosetta when she sings along, and he always looks forward to coming back to St. Dominics! Thank you Henry.



## Singing and stretching!

We continued to "stay in shape" when our lovely entertainer Valerie came. As many of our residents are unable to get up and dance, we were doing some chair exercises to the music! (Alma was even doing the splits!!!) Valerie sang songs from the movies which were popular with our residents who told me later that they thoroughly enjoyed the afternoon.

Our favourite entertainer Martyn Allen also returned and provided us with a fantastic afternoon of laughter and entertainment. Marnie and Ron had me worn out by dancing and swinging!!!

We also had a Harvest Festival Service last month with Sarah. She read from the bible to us, and we sang some of our favourite hymns as well. Sarah will be returning to give a Remembrance Service on Thursday 19<sup>th</sup> November.



### Poppy Appeal

Dame Vera Lynn and soprano Hayley Westenra has launched this year's poppy appeal by singing the all famous "We'll meet again". Dame Vera said: "We always think of the Poppy Appeal with our veterans but of course, we've got so many young men who are fighting and being wounded in Iraq and Afghanistan, and some, unfortunately, will be not be returning home. So it's a very strong appeal that we have this year, not just for the veterans but for our young boys". So please give generously and wear your poppy with pride!

Talking of our very brave young boys in Afghanistan and Iraq, St Dominics are sponsoring our local St. Mary's Church Christmas Tree Decorating appeal, and we have decided to decorate our tree with hearts and doves, with heartfelt messages from our residents written onto the hearts and doves, to the boys and families of this dreadful war. What do you think of this idea?



### MAKING YOUR WISH

Our resident Margaret's wish to go shopping at Freeport in Braintree was arranged last month. Margaret loved going round the shops looking at the shoes and clothes and smelling the perfumes, and she enjoyed a cup of tea and a giant piece of cake. Margaret was accompanied by Joan, who also enjoyed the shopping experience.



Last month's wish was won by Jean Timewell. She is still deciding on what she would like St. Dominics to arrange for her. Her son George said that she would like a helicopter ride! I'm pretty sure that he was joking, hopefully!!!!

### Raising Funds

Our residents will soon be very busy designing this years' Christmas cards, which will go on sale. The profits from each card sold will go in the resident's amenity fund.

### Residents' Meeting

There will be a residents' meeting on Tuesday 24<sup>th</sup> November at 2.30pm. Joining us in the meeting will be our cook Lynn. You will have a chance to discuss the present menus with her and tell her what you would like to see more of in way of suppers.

## Our Christmas Entertainment

Christmas is fast approaching and my assistant Margaret and myself have been very busy arranging this years' St. Dominics Christmas Extravaganza. We will soon be sending a letter out to the residents families inviting them to join in as many of our activities. For starters, we have the fabulous singer Carole Laine coming in on the Sunday 29<sup>th</sup> November to give us "Jack and the Beanstalk" and we also have a show called "The Spirit of Christmas" coming in, and lots, lots, more!

Please come and join in all the fun and entertainments that's coming your way this Christmas!

## What's coming up in November?

Why not come along and loosen up those stiff joints by moving and stretching with 'bouncy' Henry and his giant balloon. We also have our poetry session this month, with Penny and Doris from the Feering Singers who will be reciting poetry and short stories around the "bonfire" on 5th November. And don't forget - we have Jack and The Beanstalk in the lounge on Sunday 29<sup>th</sup> November.

Tuesday 3rd November	3.00 - 4.00	Exercises to music with Henry Webster
Thursday 5th November	11.00 - 12.00	Poetry Session in conservatory
Sunday 8th November		Remembrance Sunday
Wednesday 11th November	10.30 - 11.00	Holy Communion in conservatory
Friday 13th November	3.00 - 4.00	Entertainment with Valerie in lounge
Thursday 19th November	2.30 - 3.15	Remembrance Service with Sarah
Tuesday 24th November	2.30 onwards	Residents Meeting in lounge
Friday 27th November	3.00 - 4.00	Derek entertains in lounge
Sunday 29th November	2.30 - 3.30	<b>JACK AND THE BEANSTALK</b> in lounge

## Birthdays in November:

Tuesday 3 <sup>rd</sup> November	<b>Derek</b>	Thursday 19 <sup>th</sup> November	Steven
Thursday 5 <sup>th</sup> November	<b>Johanna</b>	Sunday 22 <sup>nd</sup> November	Denise
Friday 6 <sup>th</sup> November	Darcie	Sunday 29 <sup>th</sup> November	Christine



This months' word game for you. Can you unscramble the following winter words?

zfienger  
csfar  
golevs

obots  
cei kagtins  
nows

isknig  
timtens  
sorft

*And finally, a joke for you!*

"So, your mother says your prayers for you each night? Very commendable. What does she say?"

The little boy replied, "Thank Heaven he's in bed!"