

Welcome to the new
Grenham Bay
Court
Newsletter!

May 2023

Now & Then



Residents and staff were invited to give suggestions for the new newsletter name, some other suggestions included:

- Grenham Bay Newsletter
- Grenham Gossip
- What's on @ Grenham
- The Wobbles
- The Newsletter

Elaine's suggestion of Now & Then was our winner!!!

Covid-19

From the 1st May we will no longer be asking visitors or staff to wear face masks.

Face masks will again be required come October as we get closer to the winter season.



Up dates

May



Our maintenance team have been hard at work making improvements to Grenham bay.

Recent improvements include our newly renovated bathroom (accessed through Lounge).

While our newly reburbished staircase (Accessed through activities room) has been completed and accessible again. Work is currently ongoing to the laundry and new Sluice room.

NOW

COMING
SOON

Activities room refurbished

Reminders

Can all new items of clothing and belongings be name tagged please



Can all car owners please leave 3ft of space behind the mini bus at all times please -

Staff and families are welcome to volunteer to assist on trips!

Email: Activities@grenham.co.uk if you have anything you would like to contribute to the newsletter



We have all enjoyed being able to get out more. Some of the places we have been include:

- Spitfire Museum
- Art galleries
- Bowls
- Meals
- Coffee mornings
- Quex park
- Classic car show

**2023
so far**



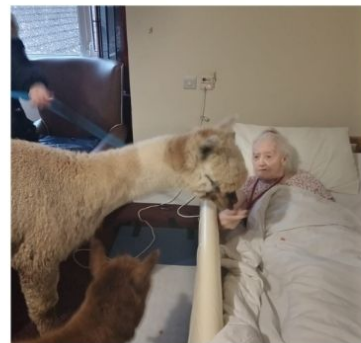




Alpaca Day



Everyone enjoyed seeing the Alpaca's
-It was fantastic to get to see everyone in their rooms!



**HAPPY
EASTER**



**Trevor
Marmalade
Caramel
Wednesday
Whitney
&
Lilly**



**Our Gorgeous baby
chicks hatched on
the 6th of April and
were adopted by an
experienced local on
the 14th of April.**



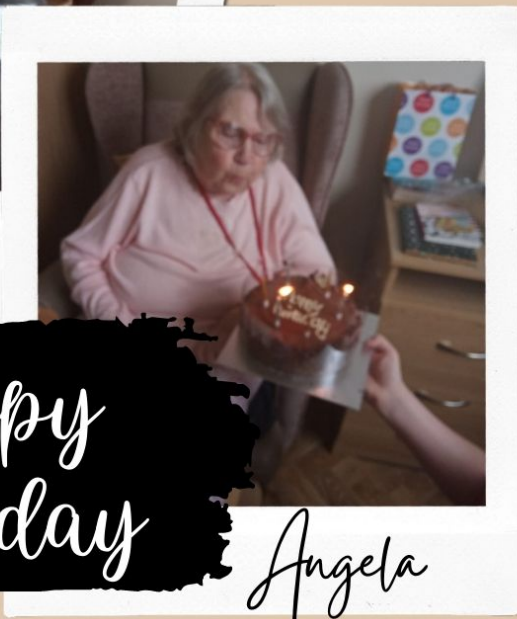
Peggy



Birthday's in April



Dave



Angela

Happy Birthday



Happy Birthday



Birthdays coming up in
May.....

Beth

Corrine

Don

Brenda

Tony



Grenham Bay's Got Talent!

Friday 2nd June

2pm-4pm

5pm - buffet



Winner as
voted for
by the
residents!

Register your act with the activities team

Events coming soon

ADMIT ONE

SUMMER FETE

- FRIDAY 28TH JULY -

JOIN US FOR GAMES,
ENTERTAINMENT, CRAFTS,
STALLS, BBQ



FRONT LAWN OF GRENHAM BAY COURT



New Staff Members

Everyone at Grenham Bay would like to wish a big welcome to our new starters this month!



Welcome

Day Carers

Zera (Senior)
Molly
Stevie
Lydia
Kelly

Night Carers

Krystal (Senior)
Heather
Oscar

Volunteers

Charlie - 14
Charlie will be joining us 4-5pm every Tuesday and Thursday



Employee of the month!

Everyone has been voting for the employee of the month for April 2023... and the votes are in... We have two winners... Thank you both for all your hard work!



**Sarah
Goodwin**

*You're
Amazing*

*Thank
You*



**Rachael
Antingham**

Runners Up

Rebecca Carolyn Nanette

- Staff, residents and families are all welcome to place their vote.
- 1 vote per person.
- Please state name and reason
- voting box in the activities room!
- Place your vote for May! This will be published in Junes newsletter!



Mornings at Grenham

Mornings at Grenham are usually reserved for small group or 1-2-1 sessions for those in their rooms or reserved for trips.

We have three main groups that run each week



**KNIT & NATTER
MONDAY'S**



Every monday 11-12 we have a Knit and natter coffee morning. Those who can knit are invited to join us. We are making items to sell in our summer fete!!

-- Those that can't knit are welcome to join for the natter!

Every wednesday we get together for a coffee morning. Either in or outside the home.

We might read newspapers and magazines together, play board games, cards, crosswords or jigsaws

*Coffee Morning
Wednesday's*



Art & Craft



Friday's



Every Friday morning is reserved for those that love all things crafty. Card making, painting, pottery, scrapbooking, Tie dye and more.

Every Tuesday Our Hairdresser Jill opens up the hairdressing salon!

DON'T FORGET

...Guess who is coming to visit?

Join us on



Wednesday 3rd of May

We will be meeting 5 animals from
Wild Science - We could be meeting a
mammal, a reptile or an insect!

2-3pm - Main lounge

3-4pm Bedroom tours



God save the king

CORONATION PARTY!

Saturday 6th May

2-5pm

Buffet Food

**Afternoon full of musical entertainment by
Fred & Daphne**

What's on in May?

M	T	W	T	F	S	S
Mairzy doats club	Spa Day	Wild Science	Singing club	Ball games	Coronation party	Quiz & Movie afternoon
Jon's Music Workshop	Trip	Keep fit Mary & Mairzy doats	Intergen	Trip	Bingo	Gameshow & Movie afternoon
Fred & Daphne	Trip	Crazy Hat Day & scalextrics	Gardening club	Mairzy Doats	Creative club	Quiz & Movie afternoon
Trip	Games afternoon	Keep fit Mary & Mairzy doats	Intergen	Glen Powell	Bingo	Gameshow & Movie afternoon
Trip	Specsavers	Trip	Clubs Trips		Guests Special event	

Mairzy Doats club is based on the principles of Cognitive stimulation Therapy (CST) this is an evidence based activity program shown to slow the progression of Dementia and improve cognition!
Mairzy Doates is the name our residents voted to call our group!

Afternoon activities usually begin at 2pm and finish at 4pm

Hidden hearing will be attending the home on various dates in June

Whilst every effort will be made to ensure events take place. They cannot be guaranteed in the event of extenuating circumstances

Elaine Interviews...

Ann Dowers



"Countdown is a programme that i had been interested in for a long time, and after I retired in 1993, I decided that I would try some of the things that I was interested in, so, I applied for countdown. So after applying, I was asked to go to an audition at a hotel in London. I was put up in an expensive hotel in London, my husband came with me".

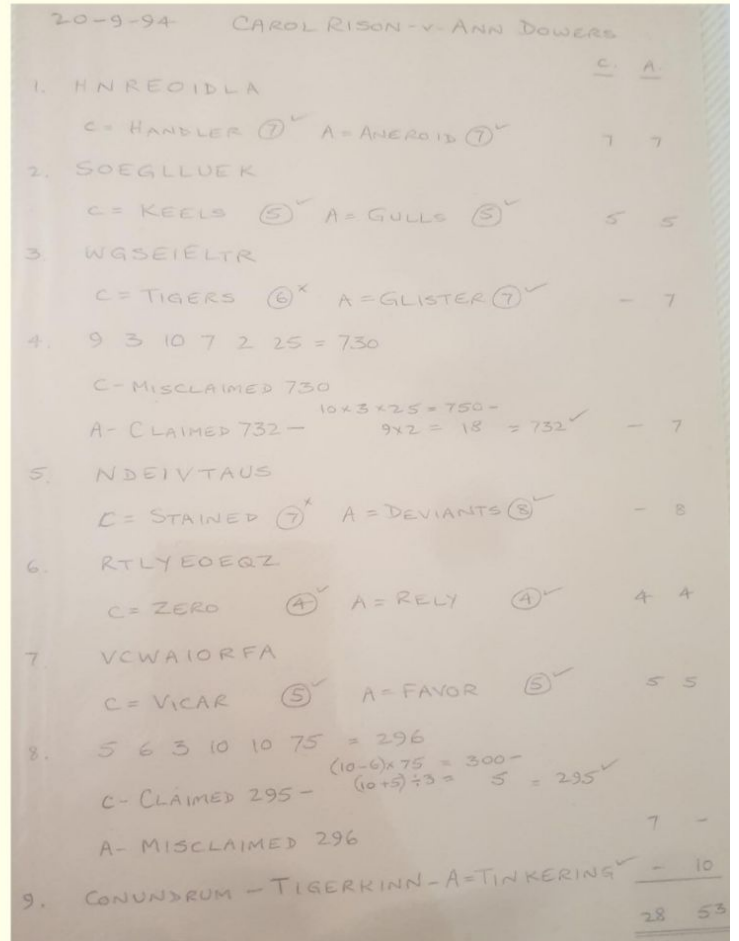
"The next step was going to Leeds to take part.

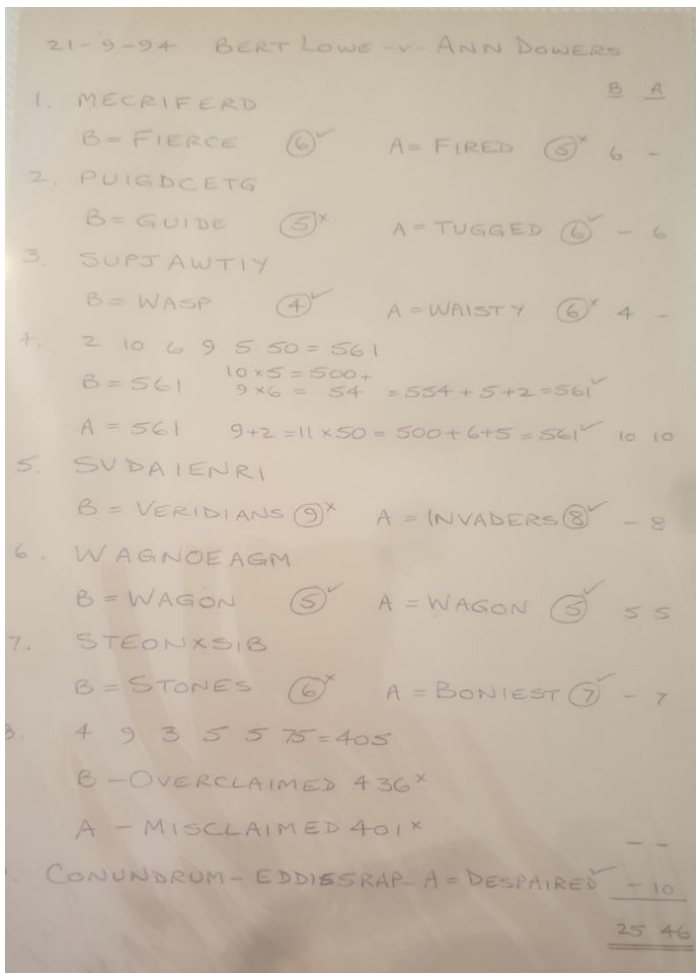
On the day of the programme we were taken from the hotel to the studio where the programme was to be recorded.

There was quite a big audience and about four cameras. I really enjoyed the experience, I was looked after very well.

The first two programmes I did were Jan-March, July-September.

The last programme I had to go back to record".





"We went back in October to record the programme that would go on air in January. All expenses were paid. My husband had to pay a little bit to share a room.

I won the first two times. The third time I was beaten by a lady from Bradford. They had 6 different people from the university doing the job that Suzie Dent does now.

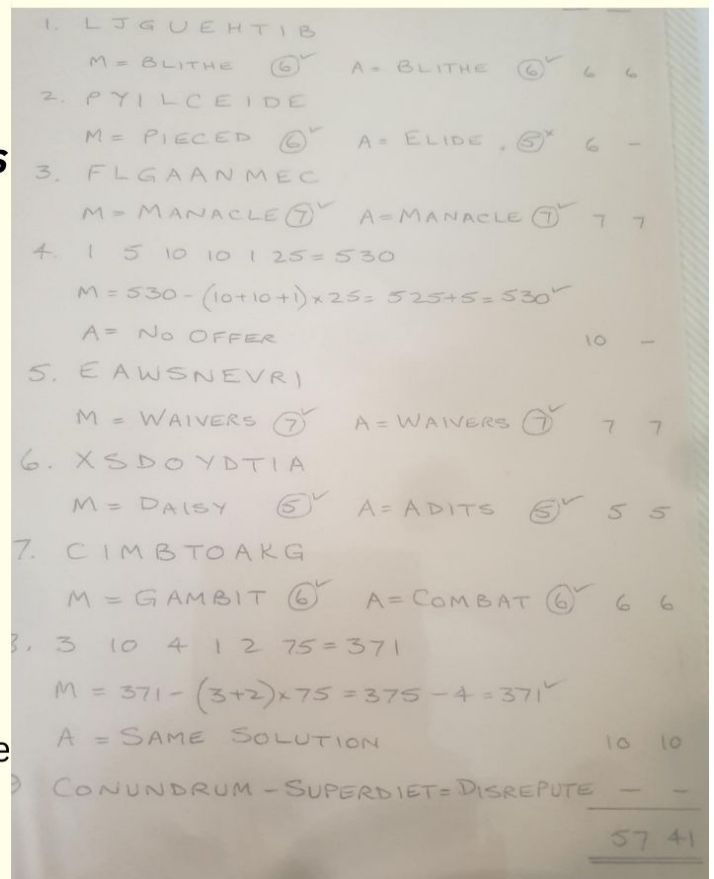
The first celebrity was Philip franks who became famous for being in the darling buds of may (tax inspector). The third celebrity was Michael Parkinson. Carol Vorderman was doing the numbers".

-Ann Dowers

A huge thank you to Ann for talking about her experience on countdown as well as sharing her photos and score records! What an amazing lady! - Ann has also appeared on Catchword!!



Do you have a story to tell or experience to share? Elaine will be conducting a new interview every month!



Gospel Reading



Jn 10:11-18

Jesus said:

“I am the good shepherd.

A good shepherd lays down his life for the sheep.

A hired man, who is not a shepherd

and whose sheep are not his own,

sees a wolf coming and leaves the sheep and runs away,

and the wolf catches and scatters them.

This is because he works for pay and has no concern for the sheep.

I am the good shepherd,

and I know mine and mine know me,

just as the Father knows me and I know the Father;

and I will lay down my life for the sheep.

I have other sheep that do not belong to this fold.

These also I must lead, and they will hear my voice,

and there will be one flock, one shepherd.

This is why the Father loves me,

because I lay down my life in order to take it up again.

No one takes it from me, but I lay it down on my own.

I have power to lay it down, and power to take it up again.

This command I have received from my Father.”

Readings for the Optional Memorial of Saint Joseph the Worker

NOW AND THEN

MAY, 2023



The Prettiest Name

**All the months have pretty names,
But i like May the best.
It makes me think of meadow lands
In all their spring gowns neatly dressed.**

**Their bonnets are of marigolds,
For buttons they use daisy eyes,
And for a sash they use a brook Bluer
even than Maytime skies.**

**The word October calls to mind
Maple leaves a fiery red.
December makes you think of snow,
And woolly blankets on your head.**

**But May! That sweet name makes me think
Of music on a springtime night!
I think it is the prettiest of all,
Just made of blossoms, pink and white.**

If you have a poem you would
like to see in the newsletter
send it over to:
activities@grenhambay.co.uk

NOW AND THEN

MAY, 2023



The Month of May

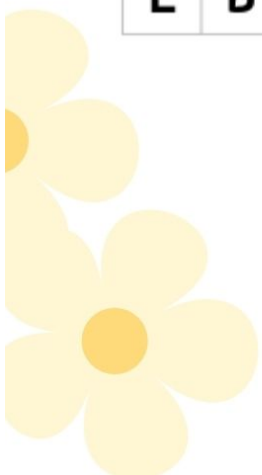
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B	E	L	L	O	R	E	N	D	S	N	T	Y	B
A	L	D	R	L	D	W	N	E	E	R	G	O	U
E	B	W	T	F	L	A	W	N	M	O	W	E	R

Sunshine
Gemini
Plant
Blossom Taurus
Seeds
Ladybird
Green

Lawnmower
Bumblebee
Garden
Butterfly
Spring
Flowers
Maypole



Play this puzzle online





QUIZ

Which author wrote To Kill a Mockingbird?

Who was the first man on the moon?

What happened on the 6th of June 1944?

What was the name of Sri Lanka before 1972?

Who was the first woman to become Prime Minister of the UK?

Which author created the character of Hercule Poirot?

What does the acronym EU stand for?

Who was the first President of the US?

What type of beverage is Jameson?

What is the currency in use in Australia?

Submit your answers to the activities team – Winner wins a small prize –
Winner to be announced in next months newsletter



JOKE CORNER

NOW AND THEN

WHAT DO YOU CALL A FAKE NOODLE?



What's the best thing about Switzerland?

.....
I don't know, but the flag is a big plus.

What kind of exercise do lazy people do?

.....
Diddly-squats.

What sits at the bottom of the sea and twitches?

.....
A nervous wreck.



Do you have a good dad joke? Let us know and we will include it in next months newsletter!