

Now & Then



Welcome to the Spring edition of the Now & Then newsletter, our first newsletter for 2024!

Our newsletters will be published every quarter.

Your next newsletter is due in July.

What's inside? ...

- **Updates and changes**
- **We reminisce our christmas party**
- **Find out who the employee of the quarter is!**
- **The residents interview... Raquel!**

...And much, much, more...

Contents

Page 3	Updates
Page 4	Requests & reminders
Pages 5 - 7	A Look back at Xmas 2023
Page 8	At home at easter
Page 9	Day trips
Pages 10 & 11	St George's day party
Pages 12 - 17	Clubs, events & coming soon
Page 18 - 22	Interviews
Page 23	New staff
Page 24	Employee of the quarter
Page 25	Poem
Page 26	Gospel reading
Page 27	Short Story
Page 28	Joke Corner
Pages 29 - 32	Puzzles & quizzes
Page 33	Answer pages



Updates

April 2024



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

Recent improvements include an additional room, our new West Bay suite!

We have a new maintenance shed in the garden.

We have been upcycling some of our furniture.

We have a brand new extraction fitted in our kitchen.

We also have a brand new washing machine in our laundry room.

We also have a newly decorated sweet trolley, with new matching pink, yellow and blue furniture! Why not treat yourself? £1 per 100g !




NOW



Our Head of Care, Gloria, will be brightening up the front and back gardens with our new flower display in early may.

Requests & reminders

April 2024



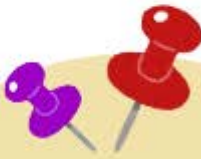
Can all new items, gifts and belongings be name tagged please. Additionally we require a written list of new items so this can be added to inventories.



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



If you have any photo's of a resident or their family members we would like to request if you can bring them in (we can scan or photocopy the pictures) alternatively you can email them over to activities@grenhambay.co.uk We are working on scrapbooks with our residents and would love to include more family photos!



If anyone would like to come along on any trips or outings advertised on our calendar please let the activity team know. The more the merrier!

Thank you!

Take a look back at
some of our favourite
memories of...
**Christmas
2023**









**Entertainment
at
home**



Happy Easter!

We hope you enjoyed our easter activities & Congratulations to Liz Grove who won the easter colouring competition! >



DAY TRIPS

Now the weathers getting brighter, we are getting back in the swing of getting out more!

We enjoyed a lovely outing to the new Wonder Works (Previously known as the hornby centre) A great time was had by all!



Big thank you to Paul and Nicola for joining us!



We've had a few visits to the monkton nature reserve for tea and coffee. Perfect outing for a rainy day too as they have a museum, gift shop and library! On our last visit they kindly gifted us with fresh cucumbers, peppers and tomato's !



Other recent outings have included coffee mornings, visiting Garden centres and shopping at westwood cross



ST GEORGE'S DAY PARTY

We warmed up with a very british bingo, followed by a round of pass the parcel.

Then we were delightfully entertained by our new singer Gary Cordes.

And last but by no means least, ended with a fabulous feast prepared by Natalia!

Take a look at some of our favourite photos from the day!







The Big Book Club



Calling all book lovers!!!! This one's for you!

Once a month we will take a vote on a selection of potential novels to read, the most voted will be our book for the month. Each member of the book club will receive a copy of the chosen book. Then on the last Friday of the month we'll all get together over a coffee and discuss what we thought about the book.

When?

The last Friday of the month.

Where?

In the sea view lounge.

What time?

11am



NEW!

The Little Book Club

If you like a good story but reading a whole novel seems a bit daunting, why not try our little book club?

We'll meet once a month and read a selection of short stories together.

When? Second to last Friday every month.

Where? In the sea view lounge.

What time? 11am





JIGSAW PUZZLE CLUB

When? Third Friday of the month
Where? The dinning room
What time? 11am



PLAYING CARDS CLUB



When? Every other Tuesday
Where? The dinning room
What time? 11am

Sarah's Spa Day

We all deserve a little pampering Now and Then..
let Sarah's spa melt your troubles away...

Hand Massage

Nail painting

Foot massage

Aromatherapy scents

Relaxing music

When?

Every other Wednesday

Where?

Hairdressers room / your own room

What time?

2-4pm





Knit and natter Club



Join us weekly for a knit and natter session.
Our current group project is making a blanket to sell for our summer fete, but feel free to do your own projects or just come for the natter!

When? Every Monday
Where? Sea view lounge
What time? 10:30 am



We are excited to welcome

All Saints Birchington

Priest Mark Ham and churchwarden Loraine Bant will be joining us and providing a communion service.

Fortnightly

Main Lounge

2pm Start

This will include; words of blessing, a spiritual reflection and singing of hymns. Providing there is a demand amongst residents, Mark and Loraine will visit us fortnightly from May.



15

*For those unable to join us in the main lounge. Mark and Loraine have kindly offered a 1-2-1 service
Please let the activities team know if you would like a visit.*

NEW!



GRAB YOUR PASSPORTS!!

Every month starting from May we are exploring different countries around the world, all from the comfort of your own armchair!

Our theme days will include all kinds of activities related to the country we are visiting. We will be taste testing a variety of different foods too!

So, get your Sari's on, our first stop is **INDIA!**



When? Tuesday 28th May
Where? Main Lounge
What time? 2pm start



NEW!



Arm Chair Travel

- you are invited to come on a journey to Argentina from the comfort of your
• armchair



29th June 2024

From 1:30pm in the
Main Lounge

The residents interview...

Raquel!

What was your last holiday?

"I spent a week in January, in the cold! In Amsterdam!"

What is your favourite Food?

"Paella!"

What is your favourite colour?

"Definitely Blue!"

What is your favourite animal?

"I love horses! I have always been given horses as toys, I have had horse riding lessons. One day, I hope to have my own."

Tell us about your family

"My parents live in the Canary Islands, I have a brother there too, but my sister followed me to the UK!"

What is your favourite memory of being here?

"Oh, the Christmas parties! They are always good fun".

if you wasn't the manager here what would you be doing?

"I would either be a cognitive stimulation therapist as I was before. Or making cocktails on the canary islands!"

Do you have a boyfriend?

"Yes, I do, of 10 years!"

What would you do with 1 million pounds?

"I would treat all my family and take everyone on holidays!"

What is the worst and best part about your job?

"The worst part is seeing anyone upset. And the best part is when you are all happy and enjoying yourselves."

A big thank you Raquel and our interviewers!



Ann Wilson, born 1936

Ann, née Moat, had an older brother and two younger sisters. Her parents kept the Cricketers public house from 1951. Ann says her parents were strict and protective, and the children were never allowed into the bar or behind it. 'Mother was teetotal; father made up for it.'

“The main entertainments we had were coffee bars, because it was the in thing to do. We had Macaris just up the road, and the San Maria, which is now the Friars Motors, was a coffee bar-cum-dance hall. It had a lovely dance floor. And there was a great deal of choice of boyfriends, because all the boys were doing National Service and every six weeks we'd have a change of soldiers coming to the barracks.

Every weekend you could either go to the Cavalry Theatre, up Military Road, or the Drill Hall which is now the Westgate Hall. I actually met my husband at the Westgate Hall; lots did. We had bands, and we mostly knew them because they were local. A lot came from the colliery villages, because usually they had brass bands and the boys made dance bands. Also villages had a lot of dances; there were dances at Hersden and Wingham, and they laid on buses for the King's Hall, Herne Bay.

We loved the cinema. I don't know anybody who didn't visit the cinema; people used to take their babies. The programmes were changed twice a week and again on Sunday, so you had a good choice of films. At fifteen I was out to work doing a 48 hour week, and you started early and obviously you were quite tired, so weekends were when you had your entertainment.

The juke box was our real friend. To buy your frothy coffee and put your money in the juke box was really living it up. And my sister and I must have driven my poor mother insane because we bought the top ten records, and when we came in to dinner, one after the other, we'd play them. She bought us a radiogram which we thought was wonderful because it played eight records; it was an HMV radiogram which was part of the furniture. There were record shops. Goulden's - we'd all go in and play all the records. I don't say we bought them. They must have got really fed up with us. I think Bill Haley and his Comets were the first of the big rock and roll stars



Ann Wilson on honeymoon

to hit us. I remember begging my father to let me take my sister to Southampton to greet him, and he flatly refused as we were 'far too young'. I think I was eighteen at the time!

My aunt had five magazines a week and they all used to be tuppence, the Red Star, the Family Star, the Secrets, the Welcome and one more, and I used to go and visit her every Thursday and read the serials. I'm not sure how much I understood, but I read them avidly. Magazines then had a bit of advice in them, but they mainly told you how to do things - sewing, knitting, always loads of knitting patterns. There weren't teenage magazines as such. I remember being forbidden to read the News of the World until I



Ann Wilson at Sarre

was sixteen; it was supposed to be very scandalous, but when I did I thought it was the most boring thing I had ever read.

In those days the boys paid if they took you out, because girls notably earned a lot less, and I wouldn't have dreamed of paying if somebody asked me to go to the pictures with him. It was expected; it was the norm. And often they would buy you a coffee, but there weren't any strings attached, because they knew they weren't going to get anything for this coffee, just your company. I think I had very lucky, happy teenage years. I think we were less pressured than they are today, particularly over sexual matters. You knew you said 'no'. Sex education had been nil, which in a way I think was a benefit, because I think fear is a healthy thing at times! What we did was reasonably clean fun.

Our idea of rebellion was what we wore. The New Look had just come in, and skirts were either very long and full or very tight, so that you couldn't get on a bus one leg at a time, you had to jump. Very high heels, which I found difficult because I'm tall and the boys tended to be short. We used to stiffen our petticoats with sugar-water. I bought one once with metal bands through it, thinking it would save all that stiffening, but when you sat down it went into a huge hoop and people could see your underwear, so that wasn't very successful. I loved fashion; I dressed predominantly in black because I liked it. Most girls were very conscious that they had to have something new every Saturday when they went to the dance, and my aunt being a dressmaker got most of the orders because they wanted cheap dresses that stood out. I remember my bras were rather pointy - you had waists and busts then.

I remember one occasion when I had a skin-tight black skirt on, high-heeled shoes with black clocks up the side of my nylons, a skin-tight dolman sleeve sweater and knotted poppit beads, heavy eye makeup and this almost white lipstick. I remember coming downstairs and my mother saying, 'Where do you think you're going?' and I said, 'To a dance,' and she said, 'You look as if you should be up in Piccadilly, go and wash your face.' I said, 'No I won't, it's the fashion!' I thoroughly enjoyed the Fifties.



Ann Wilson with her sisters, Winnie Ridge and Frith Elvery

I was married in 1958 in the Municipal Buildings in the Dane John, where the Council Offices were. You married, and then you began a different lifestyle. I quite expected to do the cooking and the cleaning, and bring up the children. I had a husband who never fed a child or changed a nappy, but to me this was quite normal, I didn't find it odd. Life has changed greatly in my opinion, particularly for women. I think we all knew our place, which in some ways was comforting; you knew what to expect and what was expected of you.”



Interview with Patricia Wood

Patricia Wood produced *The Sky at Night* TV programme for seven years from 1974 to 1981. Here she reveals the episodes that continue to stand out for her and how the use of props encapsulates this era in the programme's history

In the week running up to the 700th episode of *The Sky at Night* airing on 6 March 2011, we're releasing some of our interviews with the show's producers and co-presenters, which reveal fascinating behind-the-scenes insights into what it's like to work on one of the longest-running shows in TV history. Here's our recent interview with Patricia Wood, who produced the show from 1974 to 1981.



What was it like working with Patrick?

He's just amazing; he's got such enthusiasm. We once did a day's filming at the prep school where he used to teach, which was down near Tonbridge Wells.

We filmed him practising his bowling, because he loves cricket, and it was interesting to see the boys hang on his every word. He seems to have an ability to

communicate and make astronomy interesting and amusing.

Did you cover the Voyager missions with Patrick?

Yes I did, I was out at the Jet Propulsion Laboratory in California for Voyager 2's pass of Saturn, producing the show.

People tend to think that with Voyager you can snap a picture as it goes past a planet and send it straight back, but of course it's not like that.

It's all done with computers, so we had to wait some time before we actually got the pictures. We interviewed some of the scientists who were working on it and that was exiting. In the end we did the episode as a sort of timeline.

Do you have a favourite use of props from your time on the show?

We had a marvellous model-maker, who seemed to be able to solve any problem. His name was Eric Ilett. He did some marvelous things for us.

Quite early on we wanted to show the distances of the stars in the constellations, to demonstrate that some stars are much further away than others in the same constellation.

Eric rigged up a beautiful set of models and we took the camera around this setup and it showed you how the patterns changed.

Do you have a favourite guest?

I'd have to go for Michael Bentine. He wasn't strictly an astronomer of course, he was a comedian who was in the Goons, but he was very interested in astronomy.

We drove over to have lunch with Michael, and had a very interesting and funny afternoon.

At one point Patrick and Michael were in the garden trying to demonstrate something to do with the planets, using his wife's baking trays as Frisbees!



Michael and Patrick got on very well – they were good friends. I remember one studio programme that he was in also featured a Dalek. Patrick and Michael (pictured right, on a space 'voyage') were sitting in the studio and this Dalek came along and they both said, "Good afternoon," to it.

What was the favourite episode that you produced?

One of the most interesting episodes I did was The Man Who Discovered A Planet in 1980.

There was a 50th anniversary dinner in Las Cruces, New Mexico, for Clyde Tombaugh's discovery of Pluto.

We filmed at the dinner and we took Clyde Tombaugh up to the Lowell Observatory at Flagstaff, which was where he discovered Pluto. Patrick and Clyde got on very well.

Do you think The Sky at Night will celebrate another 700 episodes?

The funny thing is that people think of The Sky at Night as a 'little' show, going out late at night, but it spans the globe.

In the days before video recorders, we used to be told that a lot of children got their parents to wake them up to see the programme. It was popular then and it's popularity endures to today.



New Staff, Leavers & Promotions

Everyone at Grenham Bay would like to wish a big welcome most recent new starters! Good luck to our leavers and congratulations to our recently promoted.



Welcome

**Domestic
Team**

**Care
Team**

Mark

Virginia

Good Luck

Kitchen staff

Emma

Congratulations

Promotions

**Sinoj James -
Senior carer**



Employee of the month!

Everyone has been voting for the employee of the month for April 2024... and the votes are in...

“Works very hard, is very committed, goes above and beyond. Always full of energy”



well done!

Thank You

Rebecca James

- Staff, residents and families are all welcome to place their vote.
- 1 vote per person.
- voting box in the activities room!
- Place your vote for June!



NOW AND THEN

APRIL 2024

SPRING

24



Poem

- When I Walk -

When I walk, don't tell me to come sit down
Walk with me.

It may be because I am hungry, thirsty, need the toilet. Or
maybe I just need to stretch my legs.

When Call for my mother (even though i'm ninety!)
Don't tell me she has died.

Reassure me, cuddle me, ask me about her.

It may be that I am looking for the security that my mother once
gave me.

When I shout please don't ask me to be quiet or walk by.
I am trying to tell your something, but have difficulty in telling
you what.

Be patient. Try to find out, I may be in pain.

When I become agitated or appear angry, please don't reach for
the drugs first. I am trying to tell you something. It may be too
hot, too bright, too noisy.

Or it may be that I miss my loved ones.

Try to find out first.

When i don't eat my dinner or drink my tea maybe it's because
i've forgotten how to.

Show me what to do, remind me.

It may be that I just need to hold my knife and fork, I may know
what to do then.

When i push you away whilst your trying to help me wash or get
dressed, maybe it's because i've forgotten what you have said,
keep telling me what you are doing.

Over and over and over.

With all my thoughts and maybes, perhaps it will be you who
reaches my thoughts, understands my fears, and will make me
feel safe.

Maybe it will be you i need to thank.

If I only knew how.

Gospel Reading



Gospel, John 15:1-8

I am the true vine, and my Father is the vinedresser.

Every branch in me that bears no fruit he cuts away, and every branch that does bear fruit he prunes to make it bear even more.

You are clean already, by means of the word that I have spoken to you.

Remain in me, as I in you. As a branch cannot bear fruit all by itself, unless it remains part of the vine, neither can you unless you remain in me.

I am the vine, you are the branches. Whoever remains in me, with me in him, bears fruit in plenty; for cut off from me you can do nothing.

Anyone who does not remain in me is thrown away like a branch -- and withers; these branches are collected and thrown on the fire and are burnt.

If you remain in me and my words remain in you, you may ask for whatever you please and you will get it.

It is to the glory of my Father that you should bear much fruit and be my disciples.



A Short Story

An elderly man decided his wife was getting hard of hearing. He called the doctor to make an appointment to have her hearing checked.

The doctor said he could see her in 2 weeks, and meanwhile, there's a simple, informal test the husband could do to give the doctor some idea of the dimensions of the problem.

"Here's what you do. Start about 40 feet away from her, and speak in a normal conversational tone and see if she hears you. If not go to 30 feet, then 20 feet, and so on until you get a response."

So that evening she's in the kitchen cooking dinner, and he's in the living room, and he says to himself, "i'm about 40 feet away, let's see what happens."

"Honey, what's for supper?" No response.

So he moves to the other end of the room, about 30 feet away. "Honey, what's for supper?" No response.

So he moves into the dining room, about 20 feet away. "Honey, what's for supper?" No response. On to the kitchen door, only 10 feet away. "honey, what's for supper?" No response.

So he walks right up behind her. "Honey, what's for supper?"

"For the fifth time, CHICKEN!"

JOKE CORNER

NOW AND THEN

WHAT DO YOU CALL AN ALLIGATOR IN A VEST?



AN INVESTIGATOR.

Why aren't Koala's actual bears?

.....
Because they don't have the Koalafications

Why did the golfer bring an extra pair of pants?

.....
Incase he got a hole in one

I told my physiotherapist I broke my arm in two places.

.....
He told me to stop going to those places

What do you call the wife of a hippy?

.....
Mississippi

WHAT DO YOU CALL A PIG THAT DOES KARATE?



PORK CHOP

Why did the banana go to the doctor?



It wasn't peeling well!

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



Spring FLOWERS



Find the hidden words!

- | | | | |
|-------|------------|----------|-----------|
| Tulip | Daisy | Daffodil | Sunflower |
| Rose | Dandelion | Lilac | Pansy |
| Iris | Violet | Poppy | Bluebell |
| Peony | Snapdragon | Crocus | Marigold |



Anagrams

All these anagrams are food related items.
Can you work out what all 10 are?



APE

CAUSE



.....

.....



LAST

STAKES



.....

.....



WEST

AGREES



.....

.....

REAP

PAGER



.....

.....

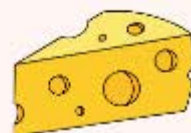
LUMP

DICER



.....

.....





Spring Quiz



Q. 1. What is the name of the mythical creature that symbolizes spring in Greek mythology?

Q.2. What is the name of the famous flower that blooms in the spring and is known for its distinctive scent?

Q. 3. What is the name of the dance that is traditionally performed around the Maypole in the spring?



Q. 4. What is the name of the small green sprout that grows from a seed in the spring?

Q. 5. What is the name of the annual event that takes place in Amsterdam in the spring and celebrates the city's tulips?

Q. 6. Which famous artist painted the iconic image of a bouquet of sunflowers in the spring?

Q. 7. What is the name of the spring holiday celebrated by Christians to commemorate the resurrection of Jesus?



Q. 8. Which planet in our solar system is named after the Roman goddess of spring?



Q. 9. What is the name of the spring holiday celebrated in India that is also known as the "Festival of Colors"?

Q. 10. What is the name of the spring flower that is often given on Mother's Day?



Can you name these Famous Guitarists?



Answers

ANAGRAMS

APE - PEA

LAST - SALT

WEST - STEW

REAP - PEAR

LUMP - PLUM

CAUSE - SAUCE

STAKES - STEAKS

AGREES - GREASE

PAGER - GRAPE

DICER - CIDER

Spring Quiz

Q. 1.

Answer: The Phoenix

Q.2.

Answer: Lavender

Q.3.

Answer: Maypole dance

Q. 4.

Answer: Seedling

Q. 5.

Answer: Tulip Festival

Q. 6.

Answer: Vincent van Gogh

Q. 7.

Answer: Easter

Q. 8.

Answer: Venus

Q. 9.

Answer: Holi

Q. 10.

Answer: Carnation

Famous Guitarists

1. Buddy Holly

2. Paul McCartney

3. John Denver

4. Jimmy Hendrix

5. Elvis Presley

6. Johnny Cash

7. Joni Mitchell

8. Cliff Richard

9. Chuck Berry

10. John Lenon

11. Eric Clapton

12. Dolly Parton

Thanks for reading!

If you have anything you would like to see included in our summer edition, Please let the activities team know or email...

Activities@grenhambay.co.uk