

HIGH PINES

Residential Home

Summer 2022 Newsletter



(Photo: Mick & his wife, Jenny, celebrating at our Jubilee party)

Hello everyone, and welcome to our Summer newsletter, an issue that I know everyone looks forward to, as it has all the news of our Spring time Activities and Easter fund-raiser, along with our exciting plans for the warmer months ahead. All being well, the weather will be kind to us, & will allow everybody to spend more time outdoors, helping us to turn our flower beds into one of flourishing rows of colour. I'm sure our efforts of planting and growing seasonal vegetables & herbs, will enable us all to reap the benefits of them once again, come harvest time in September. If it's rest & relaxation you enjoy, then our gardens offer a beautiful environment in which to sit & socialise with one another, family & friends, or grab some quiet time relaxing in a cooler spot in our Summer house. We will also be enjoying local outings in the community, along with welcoming the community into our home, with visits from a variety of singers, the local school and church groups too. If there is something new that you would like to be involved in or something that you need at any time, please just let us know, as we are here to help and are very proud of our High Pines Home and supportive community.

As always, we welcome your feedback on this newsletter! Thank you.

QUEEN'S JUBILEE



This June we celebrated a very special achievement of Queen Elizabeth II, celebrating 70 years on the throne, marking her Platinum Jubilee. To celebrate, we hosted a very special & traditional red, white & blue Tea Party, with a decadent variety of food & drinks, & wonderful music to sing & dance along too. The highlight was when some rather “Royal” guests showed up from supposedly, Buckingham Palace, & joined in with the party,or were they just “look-a-likes”? *Hmmm, I wonder!?*

To see more pictures of our party, please turn to our back page of this newsletter!



Photo: Our wonderful Jubilee Tea Party



Photo: Indoor “Street party” fun!

EASTER CELEBRATIONS



Photo: Rachel performing some Guitar licks



*Left: Three gorgeous Easter Chicks!
Right: Joan enjoyed the music!!!*



*Photo: Dawn & Connie
really enjoyed the live music!*

On Easter Monday, 18th April, we hosted our traditional Easter Party. The fabulous Geoff Dean provided us with musical entertainment & classic sing-along tunes from the 50's, 60's & 70's, along with his Easter icons of moving lights on the ceiling to add to the festivities. Our raffle raised approximately £70.00 for our Residents fund & a big “Thank you” goes to all who helped make the day such a success. The celebrations were also enhanced by a decadent supper at the end of the afternoon & it truly was a very special occasion!

HOLISTIC ACTIVITIES



At High Pines we want to ensure that everyone of you has your individual needs, interests and culture recognised & validated throughout each month. Whether it be faith & spiritual support, wholesome exercises for the mind & body, trips out to the local Community, or supporting people in their personal interests, we aim to provide something for everyone.. Animals are also such an important part of our lives, & I'm also pleased to say that we will be welcoming back Penny & her PAT dog, Polly, later this summer, as well as continuing bonus visits from family dogs, and the little dogs that come along as part of some of the musical acts that we hire in, such as little "Nellie", shown in the picture below.



*Left: Stella adores dogs,
& loves it when they visit!*



Right: Barbara getting to know little Nellie !



*Above: Little "Nellie"
from Reminiscence Band*

NAMASTE SPA & MINDFUL MONDAYS

Our new Namaste Spa sessions will be featured each month for all who may wish to indulge themselves in a both relaxing & therapeutic atmosphere, featuring facials, massages, foot treatments & aromatherapy with essential oils, all featured in a small group atmosphere. Our Mindful Mondays also feature these options, as well as offering a weekly variety of further sensory items, soothing lights & music, with a focus on mindfulness, & relaxation techniques & awareness of nurturing the spirit & soul.



UPCOMING EVENTS

We are proud to be able to bring you further fun parties and live musical entertainment afternoons, featuring our amazing Ladies Band "Reminiscence" (shown here in the picture below), who will be back playing for us in July. August brings a chance to celebrate with a mid Summer party, featuring Geoff Dean singing for us, & September will see the return of popular "Country Blues" duo, of John & Ellie! There will also be some new singers coming to perform for us as well, throughout the summer, so please watch for further information on the notice boards!



PHOTO GALLERY



*Margaret busy making cakes
in our Baking Workshop*



*Duchess Kate & Prince Charles
having a dance!!?*



Some right Royal visitors!



*Left: Is that Camilla!!?!
Right: Dennis seems to think so!*



Greta taking part in our outdoor exercises.



*Left: Brenda loved her Raffle Prize!
Right: Janet's excellent on the tambourine!!*



*Bo happy after our successful
Easter Fund-raiser*



Sylvia & Sam enjoying our Jubilee party!.