

Lyndhurst Rest Home

Summer 2022 Newsletter



(Photo: Pub Outing to The Royal, Tankerton Slopes)

Hello everyone, and welcome to our Summer newsletter, an issue that I know everyone looks forward to looking through, 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 raised flower beds and rose garden into one of flourishing rows of colour, and our efforts of planting and growing seasonal vegetables & herbs, will enable us all to reap the benefits of them, 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 summer's breeze out on the patio or in our Summer house. If it's adventure you fancy, then there's always our wonderful Tankerton Slopes right on our doorstep, & a trip to the beach, or watch for one of our upcoming group outings advertised on our Leisure & Lifestyle Notice Board.

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

GROUP OUTINGS

Since the start of this year, we have been able to resume our Group Outings again, along with our regular and individual local outings, such as shopping in Tankerton High Street or going for Coffee. It's been lots of fun being able to visit many an exciting place, & there have been a lot of wonderful ideas & requests of which places to go & visit. We strive to create an opportunity for everyone to be included in at least one of our group outings, if they wish to come along, & we also aim to offer a diverse & good variation of the places we visit, in order to accommodate all interests. Some of our most recent places we have enjoyed are, The Spitfire Museum in Manston, The Cosy Cat Cafe in Herne Bay, The Royal Pub, here in Tankerton, & The Turner Contemporary Art Gallery on Margate seafront. If you would like to suggest a place to visit, please see Fiona or Kirsty. *To see more pictures of our recent outings, please turn to our back page of this newsletter!*



Photo: Tommy at the Spitfire Museum



Photo: Group outing to the Turner Contemporary Art Gallery

EASTER CELEBRATIONS



Photo: Laurie & his wife Diane enjoying a wonderful Easter party!



Left: Joyce won 1st prize for her Easter Bonnet!!



Right: The winning hat!!!



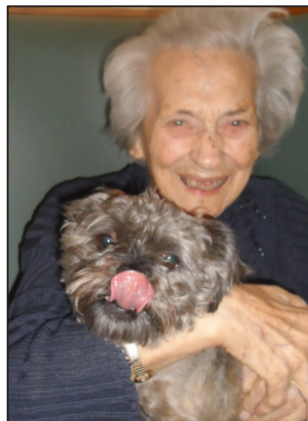
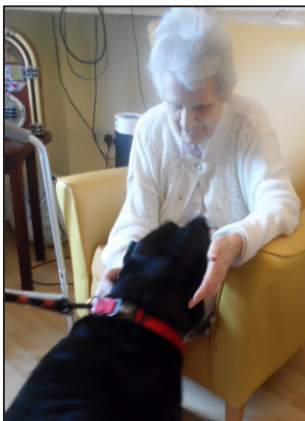
Photo: Gwen enjoys a dance with Kylie

On Good Friday, 15th 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 annual Easter Bonnet Competition was won by Joyce Boorman, with Laurie Philips winning 2nd, & Pat Braithwaite in 3rd. Our Raffle raised a healthy £115.00 for our Residents fund & a big Thank you to all who helped make the day such a success. The celebrations were also enhanced by a decadent tea party at the end of the afternoon & it truly was a special day.

HOLISTIC ACTIVITIES



At Lyndhurst we want to ensure that everyone of you has your individual needs, interests and culture supported & validated throughout each month. We recognise that spiritual support & faith services are extremely important to many of you, so we have recently introduced a wonderful lady, named Jayne Edinboro, who is a minister from Whitstable Anna Chaplaincy, & visits on a weekly basis, for our In-Home Church Services. Jayne has also recently brought along two of her four-legged family members, Monty & Jasper, who have brought so much joy to everyone with their cuddles, licks & tricks. Animals are such an important part of our lives, & I'm also pleased to say that we will be welcoming back Penny & her PAT dog, Polly, this summer.



Left: Jean Burke with Monty!

Right: Connie having a cuddle with Jasper !



Above: Brian & Pat enjoying the view at Margate seafront!

NAMASTE SPA & MINDFULNESS 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 spas & aromatherapy with essential oils, all featured in a small group atmosphere or on a "one to one" basis in our salon. 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 and soul.



UPCOMING EVENTS

This June we celebrate a very special achievement of Queen Elizabeth II, celebrating 70 years on the throne, marking her Platinum Jubilee,. We will be featuring a variety of celebrations, as weather & circumstances allow, from June 3rd, throughout the Summer, with mobile red, white & blue tea parties, a traditional Street Party, and special musical entertainment events for all to enjoy. Please watch for further information, or ask one of your friendly Leisure Therapists for more details!



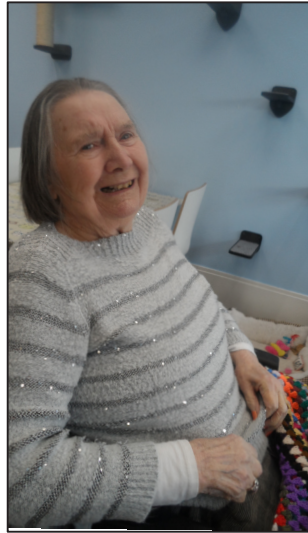
PHOTO GALLERY



Joyce & Liz always love our Baking Workshops!



Outing to the Turner Contemporary !



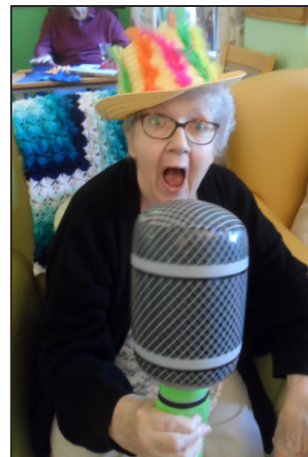
*Left: John was elated to see the Spitfire!
Right: Jean S. enjoyed the Cat Cafe in Herne Bay!*



*Left: Sylvia & Jean B. enjoy a Pub tipples!
Right: Don appraising an Art piece!*



Gwen loved her outing to the Cosy Cat Cafe



*Pat couldn't believe she won a prize!
Pam loved our Easter Party!!*



Afternoon out with "the boys" to the Spitfire Museum!



Pauline helping in the garden.!