

## St Dominics Residential Home



# January 2020 Newsletter



Well here we are at the start of the new year and welcome to our latest newsletter. We have had such a busy and wonderful time celebrating Christmas with many visiting Entertainers, Local Community Dancers and Singers. We do hope our residents and families have enjoyed the varied array of festive activities and we thank everyone for their support of these activities. We hope there has been something for everyone. We wonder how many of us have made New Year's resolutions this year, normally by the end of the month some of us have given them up, although a few do stick with them. Have you made any New Years resolutions this year? Have you kept them in the past? Thank you to all residents and their families and friends for all the wonderful gifts and cards received at Christmas. Wishing all our residents, families, staff and friends a very happy and healthy new year.

### Let's look back....

Here are some historical facts for you about the month of January. We hope you enjoy reading about years gone by.

### Looking back in history to January 1948

The London Co Operative society opens Britain's first Supermarket in January of this year in Manor Park London.



### Looking back in History to January 1960

The little Joe 1B was a launch escape system test of the Mercury spacecraft, conducted as part of the U.S Mercury program. The mission also carried a female monkey named Miss Sam in the Mercury spacecraft. The mission was launched from Wallops Island, Virginia. Miss Sam survived the 8 minute 35 second flight in good condition. The spacecraft was recovered by a marine helicopter and returned to Wallops Island within about 45 Minutes.

## Let us tell you what we have been doing in December ....

Marion Snook School of Dance – We had an entertaining afternoon watching Marion Snook School of Dance perform their Christmas Show. It was lovely seeing all the dancers perform and they did a mixture of tap, ballet and modern and they all looked great in their Christmas costumes. Our residents really enjoyed the show and Doris and Barbara commented how much they liked their festive dress.



Rita Singing Christmas Songs - What a nice afternoon listening to a variety of different songs through the decades. Something for everybody. Mary did a duet with Rita, as did Joyce and Bunty. They all sang beautifully. It was lovely to hear so much singing coming from the lounge.



## Trip to the church

Ellie and Ishbel go to the Catholic Church some Sundays. Ishbel really enjoys these trips to the church as she is a practicing Catholic, as is Ellie.

The Church have been collecting Christmas boxes for the homeless women and children's centre in Colchester, so Ellie and Ishbel made up a box each. Our boxes contained every day items such as lip balm, makeup wipes, face and body washes, a few treats like chocolates, bottled water and mints and a few baby items for example dummies, toys and milk. Ishbel enjoyed putting the boxes together and loved talking about the Church whilst we were doing it.



## Richard Catchpole Playing the Claret -

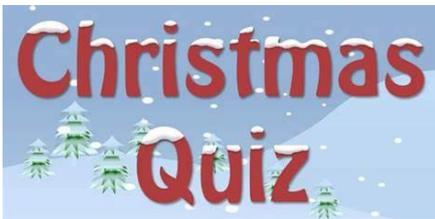
A musical afternoon listening to festive tunes on the claret. Nice to hear so many residents singing along to all the well known tunes played by Richard.



Kelvedon Brownies A superb evening seeing our local Brownie group, who came to visit us. One of the Brownies made her promise in front of all our residents and staff, so she is now enrolled. The children sang songs and they all did very well and they even did visual movements whilst singing. We thanked them very much for coming to see us and before they left, they spent time with our residents and chatted to them.



Mr Banning's Christmas Quiz What a competitive afternoon with our annual quiz. Mr Banning hosted this and asked the questions and we all split into groups with staff, residents and families taking part. Deb's team won. So well done and the winning team were given Christmas mugs. What a brilliant and fun afternoon was had by all.



Gunni - Kiddley Divey – What a fun morning we had with Gunni .



She brought tambourines, Christmas hats, bells and she made it very festive and we all enjoyed singing along. So nice to hear so much laughter as we all joined in with the twelve days of Christmas and had such a giggle doing it.



Christmas Fayre - We had a wonderful afternoon. Christine and her husband came and supported our Fayre selling a huge array of knitted crafts, Chutneys and much more. All proceeds from their stall have gone to Farleigh Hospice. We had a nice card



from Christine to say they raised £70.20 for Farleigh Hospice, so we are all very happy to have supported this. Margaret who used to work here and often pops in and offers her support, suggested her daughter Charlotte did a craft stall which was lovely displaying many beautiful items.



Christmas Tree Festival - What a festive day! We asked our residents if they would like to go to St Marys Church in the village and see all the pretty Christmas Trees inside the church, that are from different local organisations and



businesses from Kelvedon. This is a themed event and this year's theme for us was 'Smile'. They were all lit, with an amazing variety of decorations and looked stunning including our tree from St Dominics! This is such a lovely festival and brings the community together at Christmas time. Margaret, Ron, Evelyn, Margaret and Helen really enjoyed going to the church. It was cold outside, but we were wrapped up and it was a sunny day with blue skies.



Meet our staff member Holly - Holly was born at the Colchester Maternity to



parents Nick and Jan, she has three older sisters. Holly went to Clacton County High School and her favourite subject was art. On leaving school, she got a job at a solicitors doing reception work and worked her way up and became a legal secretary, she enjoyed her job, but

after ten years, decided to have a change of career and got a job as a recruitment co ordinator. Around this time, she met her husband Mark and they married at Prested Hall and soon welcomed two boys, Logan and Arthur. Family life is a happy time enjoying activities together. Holly started at St Dominics a couple of months ago and enjoys her job here as a carer.

Meet our Resident - Jean was born in Witham to parents Gladys and Bertie and has an older brother Colin. Jean went to the girl's high school having taken and passed the eleven plus exam. Her favourite subject at school was geography. On leaving school, Jean got a job at Barclays Bank in Witham. Jean met Percy who also worked at the bank and they started seeing one another after a time, they got married at the Methodist church in Witham. Married life was a very happy time. Jean loved baking and used to love making cakes for the family. They welcomed three children together, Martyn, Claire and Jackie and two grandchildren, Bradley and Francesca. As a family they enjoyed many holidays together. Jean's hobbies include dress making, playing golf and being with her family. Jean has been at St Dominics for 18 months and has regular visits from her family.

[Kelvedon St Marys School Choir](#) - So nice to see the children, teachers and helpers from the school, who came and sang Christmas Carols. Joyce, Jean, Mary and Margaret joined in with the carol singing and our residents enjoyed chatting with them afterwards.



[Chelmsford Silver Band](#) - What a musical afternoon we had. We were visited by Chelmsford Silver Band who came and played traditional Brass Band music, it was lovely to hear our residents singing along to the well known christmas carols . Jessie ,Jean and Helen sang beautifully as we all did. Jessie said it reminded her of going to church listening to the carols at christmas time. It was lovely to listen too. Do you like Brass Band Music ?



[Trip to Perrywoods for Christmas Shopping](#) - We had an enjoyable afternoon at Perrywoods Garden Centre. The christmas displays were beautiful. There was a Polar Bear display and the Christmas Trees all looked different but each one stunning. Evelyn , Bunty and Joan had a great afternoon and before leaving we went into the tearoom and enjoyed tea and cake. Perrywoods is a lovely place for our residents to visit , particularly at Christmas time.



[Trip to Messing Primary School](#) - We had a nice morning going to Messing Primary School, listening to the infants and Junior School Children's Christmas Carol Service. We were made to feel very welcome and the children sang a mixture of traditional and modern carols. We enjoyed tea/coffee and mince pies and Doris, Harry, Evelyn, Helen and Margaret all enjoyed listening to the children sing and afterwards the children came over and chatted to us.



[The Kelvedon Players Singers](#) - A great afternoon being entertained and listening to lots of modern and traditional carols. It was lovely hearing our residents singing along to the well known carols . A musical afternoon provided by a lovely professional troupe singing and entertaining for charity donations.



[Christmas Eve Church Service](#) - We had a special church service on Christmas Eve, so nice to hear so many of our residents and staff singing carols. We are thankful to be so well supported by our local church community of vicars, priests and ministers.



[St Dominics Christmas Party-](#) What a lovely afternoon for our christmas party . Sue, our cook, prepared and cooked delicious party food – thank you for working so hard, much appreciated and thanks also to Tracy, our manager, for all her hard work too in organising this annual event. Thanks to Deborah and everyone else who helped make this such a successful and enjoyable event. Mr Banning and Mr Warwick were hosting ensuring everyone had a drink on arrival .



We were very pleased to welcome Cclr Angela Kilmartin, who came as our guest , it was lovely to see her again and all our residents families and friends. Once again Mr Warwick provided us with a great quiz to ponder on during the party. At the end of the afternoon, Sue, our cook won first prize in our raffle - a hamper full of christmas goodies. So, well done and well deserved.

[Brian Singing Christmas Songs](#) - It was nice to welcome Brian back to sing his christmas program with lots of singing from Mary, Jean and Joyce to all the well known christmas songs and carols. We even had some armchair dancing from our residents and we all enjoyed doing the visual movements to the twelve days of christmas with our tamborines.



[Jack and The Beanstalk Pantomime](#) - What a fun afternoon. Christmas is not Christmas without the traditional pantomime! It was fun and laughter all the way watching this performance and it was lovely to hear so much laughter coming from the lounge at the comical one liners.

At the end of the performance we all joined in with singing Christmas carols. A great afternoon- oh yes it was!! Do you enjoy pantomime?



## What's on This Month

Thursday 2<sup>nd</sup> January - Holy Communion at 2.30pm

Friday 17<sup>th</sup> January - Flower Arranging Afternoon at 2.30pm

Friday 24<sup>th</sup> January - Burns Celebratory Lunch at 12.30pm with Pipe  
Major Trevor Sharp playing the bagpipes

Friday 31<sup>st</sup> January - Kiddley Divey here doing gentle exercise to music  
at 11am

Birthdays in January - We look forward to  
celebrating our Residents Birthdays this month.  
Our cooks will be busy...



Marjorie and Joyce

Finally, jokes to make you smile...

What did the Snowman have for breakfast?

Frosted Snowflakes.

What often falls in Winter but never gets hurt?

Snow.

How did Jack Frost get to work?

By icicle.