Gilbert Court

Lifetime Activities Newsletter

January

2017 issue

Eclipse HomeCare
Domiciliary Care At Home

bdht

Tribute to Caregivers Everywhere

You are Not Alone

You offer kind words. You lift and you tug.
You bathe and you dress. You comfort and you hug.
You drive and you shop.
You cook, nurse, and you clean.
You often, defer your personal dreams.
You are not alone.

You sometimes worry and you often pray.
You work first at home, and then at your job all day.
You sleep very little, but you sleep when you can.
Sometimes you have more work, than you can possibly stand.
Yet, you remain steadfast and hopeful.
You are not alone.

This month we honor you, We acknowledge your care.
We acknowledge the love, That you unselfishly share.
Out of concern, we make these requests,
We ask that, when you are tired that you please rest.
We ask you to walk, we ask you to sleep.
We ask that you healthily and regularly eat.
We ask that you see your health care provider.
That you share your concerns as it is much healthier,
Than isolation and proud silence.
You are not alone.

We remind you to ask for help and to weep,
For tears can offer a much-needed release.
We pray for you, joy and a well-deserved peace.
Caring for others, without caring for self,
can undermine physical, spiritual, and emotional health.
You are not alone.

Your efforts are an important and an unselfish contribution.
This work greatly contributes to sustaining our nation.
We salute you and thank you for all that you do.
Most of all we wish happiness and good health to you.
You are not alone.

Mona Newsome Wicks, November 5, 2011

What's on in January

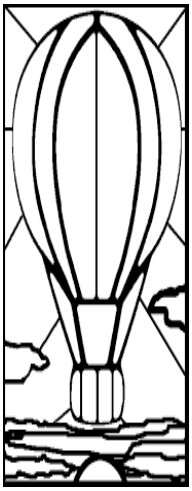
FISH AND CHIPS

AND A MOVIE NIGHT

Wednesday 25th January
5pm in the Dining Hall
Contact Dennis at reception to pre-book your meal from the menu.

Quiz Afternoon is BACK!!!

Come along and pit your wits against each other, have fun answering questions, I guarantee you'll know a lot more than you think.
Fri 27th January 2pm - 4pm (Dining Room)
Tea/Coffee and Cakes will be provided by Starlight Café, 50p per item



Stained glass window painting

Its simple but beautiful. If you can paint , you can do this, you'd be surprised by what you'll produce at the end.
Tuesdays 2pm-4pm

A One off payment of £2.50 for the panel,
tea and biscuits will be provided for only 50p

Knit and Natter

Can you knit and, or natter?
Then make your way to the lounge every Monday afternoon
2.30pm-3.30pm

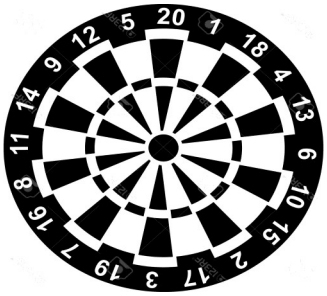
Ken's Film Club

Every Tuesday afternoon in the Quiet Room.
Film starts at 2pm

Bingo

Wednesdays and Saturdays
2.00pm-3.30pm, in the dining room
£3.50 or £5 a book to play plus a raffle

Double Top



Come along and have a go, hit the board, miss the board, who cares; just have fun.
Fridays 2pm-3.30pm
In the Dining Room

Strength and Balance Classes

Session 1: 1.30pm-2.30pm
Session2: 2.45pm-3.45pm
Exercises to keep your fitness and mobility (£3)
Dining Room.

Starlight Café Cakes

Every Friday afternoon at 2.30pm. Fresh Homemade cakes & tea/ coffee (50p for each item)
Dining Room

Monthly Church Service

Friday 4th Nov 10.30am-11.30
Enjoy a cup tea together thereafter in the quiet room.
(The first Friday of every month)

Services at Gilbert Court

Gilbert Court Foot Clinic
Jan 16th/Feb 20th/Mar 27th/May 8th/ June 19th/July 31st
Sept 4th/ Oct 9th/Nov 6th/ Dec 11th
Home visits are available outside clinic hours, please call
Denise or Chantelle
07857922757

CONFUSION (HAIR BY CONNIE)
MOBILE HAIRDRESSER
Tel: 01527 835759/ Mob: 07816411568

Moments
Dementia Support and Enrichment Group

At Moments we cater for people with early stage dementia. We offer safe stimulating activities and opportunities, turning moments into meaningful and enjoyable experiences.
For more information contact: Eclipse Homecare on 01527 870003

ONLY JOKING !!!

Two little boys, ages 8 and 10, are excessively mischievous. They are always getting into trouble and their parents know if any mischief occurs in their town, the two boys are probably involved. The boys' mother heard that a preacher in town had been successful in disciplining children, so she asked if he would speak with her boys. The preacher agreed, but he asked to see them individually. The mother sent the 8 year old in the morning, with the older boy to see the preacher in the afternoon. The preacher, a huge man with a deep booming voice, sat the younger boy down and asked him sternly, "Do you know where God is, son?" The boy's mouth dropped open, but he made no response, sitting there wide-eyed with his mouth hanging open. So the preacher repeated the question in an even sterner tone, "Where is God?!" Again, the boy made no attempt to answer. The preacher raised his voice even more and shook his finger in the boy's face and bellowed, "Where is God?!" The boy screamed & bolted from the room, ran directly home and dove into his closet, slamming the door behind him. When his older brother found him in the closet, he asked "What happened?" The younger brother, gasping for breath, replied, "We are in BIG trouble this time!" "GOD is missing, and they think WE did it!"

A three-year old walks over to a pregnant lady while waiting with his mother in a doctor's surgery. "Why is your stomach so big?" – he asks. "I'm having a baby." – she replies. "Is the baby in your stomach?" – he asks, with his big eyes. "Yes, it is." – she says. "Is it a good baby?" – he asks, with a puzzled look. "Oh, yes. A really good baby." – the lady replies. Shocked and surprised, he asks: "Then why did you eat him?"

BRAIN TEASERS

A man and a woman live peacefully in a house together. But one day the woman shoots her husband. Then she holds him under water for over five minutes. Finally, she hangs him, but ten minutes later they go out and enjoy a wonderful dinner. **How can this be?**

What is greater than God, more evil than the devil, the poor have it, the rich need it, and if you eat it, you'll die?

A poor man walks into a bar and starts talking with a really rich man. The poor man says, "You know, I know every song in the world. I bet all your fortune and possessions that I can find a song with any name you want." The rich man, laughing, accepts and says that he bets him to find a song with his daughter's complete name in it. Her name is Julie-Monique-Alexandrina. A few minutes later, the poor man exits the bar with the rich man's wallet, car keys, clothes, etc. He won his bet.

What song did the man find in order to win his bet?

Question: What does this say?

yyuryyubicuryy4me

Activities for January 2017 at a glance

Date/s	Activities	Times
Mon: 9th/11th/23rd/30th Mon: 9th/16th/23rd/30th Mon: 9th/16th/23rd/30th	Coffee Morning BDHT Drop In Surgery Knit and Natter	10-11.00 10-12noon 10.30-12.30
Tue: 3rd/10th/17th/24th/31st Tue: 3rd/10th/17th/24th/31st	Stained Glass Window Craft Group Ken's Film Club (Quiet Room)	2.00-3.30pm 2.00-4.00pm
Wed: 4th/11th/18th/25th Wed: 25th	Bingo Fish and Chips and Movie	2.00-3.30pm 5pm-8pm
Thur: 5th/12th/19th/26th	Strength and Balance Classes	1.30-3.45pm
Fri: 6th/13th/20th/27th Fri: 6th/13th/20th Fri: 27th Fri: 6th/13th/20th/27th	Church Service Double Top Darts Quiz Afternoon Starlight Cafe	10.30-11.15 2pm-3.30pm 2.00-4.00pm 2.30 -3.30pm
Sat: 7th/14th/21st/28th	Bingo	2.00-3.30pm
Sun: 8th/15th/22nd/29th	Evie's Afternoon Tea	3.00-4.00pm

Please Note: If you are a resident of Gilbert Court, Gilbert Road or Wintour Walk a number of the below sessional costs do not apply to you as they are covered by your accommodation agreement. For further information / clarification please contact Dennis Hamilton Activities Coordinator: 01527 870003

Lifetimes Activities	Details	Frequency	Day (s)	Session Cost	Session Material	Capacity	
						Min	Max
Knit and Natter Club	Including tea/ coffee and biscuits	Weekly	Monday afternoons	£2.00	0.00	8	25
Arts and Crafts	Includes tea/ coffee and biscuits	Weekly	Tuesday afternoon	2.50	£2.50	5	25
Film Club	See newsletter for details	Weekly	Tuesday afternoon	£1.00	0.00	3	10
Bingo	Cost is per book and including raffle	Weekly	Wednesday afternoon	£3.50 to £5.00	0.00	8	20
Movie Night with Fish and Chips	Meal costs from £2.50 upwards	Monthly	Wednesday	2.00	0.00		40
Strength and Balance Group	Cost per hourly session	Weekly	Thursday afternoon	£3.00	0.00	8	20
Double Top Darts	Tea/Coffee and cake available at 0.50p per item	Weekly	Friday afternoon	£1.00	0.00	5	30
Quiz Afternoon	Tea/Coffee and cake available at 0.50p per item	Bi-Monthly	See newsletter for details	£1.00	0.00	5	40
Entertainment		Bi-Monthly	See newsletter for details	£3-£10	0.00	10	50
Day Trips	Cost for a 'standard trip'	Bi-Monthly	See newsletter for details	£5 to £10	Entry fee if applicable	5	11
Services	**Details**	**Frequency**	**Day (s)**	**Session Cost**	**Session Material**	**Capacity**	
Hair Dressers	Shampoo & set	Weekly	Wednesday and Thursday	From £11.00	n/a	1	12
	Perm (other services available	Weekly		£35.00	n/a	1	12
Healthy Lunch	Two courses, (sandwiches £3 also available)	Weekly	Monday to Sunday	£5.00	n/a	5	40
Foot Clinic	Normal foot services	Monthly	See newsletter for details	£5.00	n/a	1	tbc