

St David's Nursing Home

52, Common Lane Sheringham Norfolk NR26 8PW

Tel: 01263 822671 Fax: 01263 820005

Email: enquiries@st-davids.com

www.st-davids.com

www.facebook.com/StDavidsNH



"Living well every day"

Winter 2017

St. David's Newsletter for Family and Friends

Hello. In this Newsletter we want to let you know about all the activities we have planned for this Christmas, and highlight some of the fun residents have had over the past few months.

HALLOWEEN

Our Halloween party this year was attended by all ages. Most residents and friends were eager to open the Enter if You Dare Door. They were greeted by cobwebs, pumpkins, spiders, bats and the occasional eyeball covering every surface in the Conservatory. The Halloween theme continued with afternoon tea offerings of Cranberry Flavoured Bats Blood and Creepy Crawly icing on the teacakes. Mister John provided live music attired as a Vampire.



GARDENS

As the weather gets colder, it's not quite as inviting to sit outside. However, as the trees shed their leaves, there is an opportunity to see more wildlife. Some such as the pheasants are very bold, but others much shyer. Every room at St. David's has garden views, so do let us know what you spot.



Manager – Linda Cooke RGN

Lakeshore Healthcare Limited – Registered in England & Wales No: 5880791

Registered Office: : c/o Hill & Co, Waterbank House, Station Approach, Sheringham NR26 8RA

BAKING

As you can see from the photographs, the weekly baking sessions are proving popular with all. The results, biscuits, muffins and mini cakes are often eaten before we get a chance to photograph them. If there is a recipe, you would like to try out please let us know.



ART SESSIONS

There is a definitely a seasonal feel in the Monday afternoon Art Sessions. Residents have already created a number of Christmas cards and Tree decorations. If you walk into the Conservatory, you can see some of the most recent designs on the walls. Some of the Christmas cards are also available for sale in the Lobby. The proceeds go towards the Residents' Amenities Funds.



CHRISTMAS ENTERTAINMENT AT ST. DAVID'S

Listed below is the entertainment planned for the Christmas season so far.. Please check the notice board for additions or changes. You will also find the festive menus at the end of the newsletter

Raz and the Clown

Balloon modelling, Magic, Comedy and a Sing-a-Long -- a party that offers fun for all.

Tue, 28th November, 2.30 pm

Christmas Decorations

Lights, tinsel, decorations and Christmas trees appear throughout St. David's.

First week of December



CHRISTMAS ENTERTAINMENT AT ST. DAVID'S

Class Act

December kicks-off with this cabaret duo performing hits from the 50s and 60s.

Tue, 5th December, 2.00pm

Christmas Carols and Readings

Listen to your favourite Christmas carols and readings performed by Sing with Joy. Of course, everyone is welcome to raise the roof by joining in.

Sun, 10th December, 3.00pm

Salvation Army

Join us for the big band sound of the Salvation Army celebrating Christmas. Tubas, saxophones, trumpets literally fill the halls of St. David's.

Sun, 17th December, 2.30 pm

Maria Kesselman

A unique opportunity to listen to one of Britain's leading Sopranos. Maria's busy and varied career spans from West End leading lady and chanteuse in musical theatre and opera to dance.

Tue, 19th December, 2.30 pm

Christmas Party for Residents

All welcome. Join us for food, fun and music

Wed, 20th December, 2.00 pm

Father Christmas and his Helpers

Early morning, Christmas Day

We hope that you and your family are able to come and join in the festivities. All are very welcome. We look forward to seeing you.
Best Wishes for Christmas and the New Year

Linda Cooke, Matron

HOLIDAY MENUS



Christmas Day

Starter

Celeriac & Cumin Soup

Main Course

Sliced Roast Turkey with Sausage & Bacon Rolls

or

Roast Beef

or

Mushroom, Leek & Pepper Roast

Served with

Sage & Onion Stuffing

Yorkshire Pudding

Traditional Roast Potatoes ~

Mashed Potatoes

Brussels Sprouts

Mashed Root Vegetables

Red Cabbage with Apple & Port

Dessert

Christmas Pudding

Festive Fruit Crumble



Boxing Day

Starter

Carrot & Coriander Soup

Main Course

Gammon in Cranberry & Orange Sauce

or

Smoked Haddock & Spinach Crumble

or

Creamy Vegetable Cheese Bake

Served with

Baby Potatoes

Colcannon Mash

Carrot Tips

Leeks and Cheese Sauce

Minted Green Vegetables

Yorkshire Pudding & Sage & Onion Stuffing

Dessert

Chocolate Chip Pudding with Salted Caramel Sauce

Christmas Trifle

HOLIDAY MENUS



New Year's Day

Starter

Tomato, Red Pepper & Lentil Soup

Main Course

Pork with Sage Stuffing in Gravy

or

Salmon in Provençale Sauce

or

Mushroom, Leek & Pepper Roast

Served with

Sage & Onion Stuffing

Yorkshire Pudding

Traditional Roast Potatoes

Dauphinoise Potatoes

Broccoli

Cauliflower Cheese

Sliced Carrots

Dessert

Apple & Blackberry Cobbler

Chocolate Profiteroles