

ALEXANDER HOUSE NEWSLETTER

2015

We began the year in style with a special meal of baked salmon and profiteroles which was enjoyed by all and set us up for a good year. We drank champagne.



As people's birthdays arose they were celebrated with a cake and a party. These were greatly appreciated. One resident reached the ripe old age of 101!

In April a group of musicians called The Bold Balladeers came to entertain us. They were a nice mixture of music to listen to and songs to join in with. Every joined in with great gusto.



May brought the good weather and three trips to the Isabella Plantation were made. This involved a car trip to Richmond Park and then some



residents needed to use a wheelchair. Luckily a lot of work has been done in the plantation and the paths are now wheelchair friendly and free from tree roots and other obstacles. We were lucky enough to find the azaleas in full bloom. Not to be

outdone the garden at Alexander House was also looking beautiful!



A highlight of the year was a visit to Kew Gardens. We went by car to the Elizabeth Gate and then boarded a minibus which took us round and there was a guide with us who pointed out things of interest and told us some of the history. Each year the gardens has a theme and this year it was spices and you could ride in a rickshaw as an extra attraction but no doubt you had to pay extra for the ride! The visit concluded with a trip to the Orangery for tea and cakes. Once again the weather was kind to us.



As for the normal day to day running of Alexander House there is a weekly extend class which involves exercises done in a chair but which are amazingly taxing. Each fortnight there is a visit from the local priest who takes morning worship or Holy Communion which is nice for those who can no longer get to church. There is

the occasional baking session which has mixed results!

We are very fortunate in that hardly a day passes without a visitor coming to see their relatives but they are always friendly with the other residents as well. We also have canine visitors who enjoy a good stroke!



Another highlight of the year was the summer party which was held in the garden. Luckily the weather was kind to us and we sat outside and enjoyed the sunshine and the



curry! A lot of the visitors come especially for the food! There was also live music to help the afternoon go with a swing.

The next thing we have to look forward to is the Christmas party but more about that next time!