

# HOLMWOOD MAY NEWSLETTER

## My Younger Days

by Maya Angelou

When I was in my younger days,  
I weighed a few pounds less,  
I needn't hold my tummy in  
to wear a belted dress.  
But now that I am older,  
I've set my body free;  
There's the comfort of elastic  
Where once my waist would be.

Inventor of those high-heeled shoes  
My feet have not forgiven;  
I have to wear a nine now,  
But used to wear a seven.  
And how about those pantyhose-  
They're sized by weight, you see,  
So how come when I put them on  
The crotch is at my knee?

I need to wear these glasses  
As the print's been getting smaller;  
And it wasn't very long ago  
I know that I was taller.  
Though my hair has turned to gray  
and my skin no longer fits,  
On the inside, I'm the same old me,  
It's the outside's changed a bit.



## **SOUTHWOLD BEACH HUT**



Now that the warmer weather is here the Beach Hut is back on the promenade at Southwold. It is available for use

by residents, family and staff. If you would like to book a date to use the Beach Hut please see a member of the office staff for details.

## **REMEMBERING CHARLIE**

In February we were lucky enough to have a visit from the Foolhardy Circus who put on a show called “Remembering Charlie”. It was all about the late great Charlie Chaplin. The show was well presented and enjoyed by all who attended.



## **EASTER EGG HUNT**

This Easter we held an Easter Egg hunt where you had to solve the clues to be able to find the Easter Eggs. Great fun was had by all who took part and I’m sure a few pounds were put on as well.

## **FLANNEL EASTER BUNNIES**

In one of the craft sessions this Easter we made Easter Bunnies out of a flannel and a chocolate egg. I don't think the eggs stayed put for very long though.



## **BOAT TRIP**

Our annual boat trip on the “Waveney Stardust “took place in April and this year we left from Norwich. The weather was kind and Holmwood’s kitchen staff prepared a lunch fit for a king for us.



## **OTHER ACTIVITIES**

A visit from the Edinburgh Woollen Mill, Old Fashioned sweet tasting, Roger Eno and Kath and Diana were all very well received by Holmwood’s residents.

## **OUTDOOR SPACES**

We are in the process of planning a new sensory garden, with inclusion and accessibility at the heart of the design. It is hoped that this will provide a rich and soothing experience for all our residents and visitors and will include seating areas for all to enjoy.



## **ENVIRONMENTAL HEALTH**

We have recently been inspected by Environmental Health and we are pleased to announce that we have retained our “5 star” rating.

## **FUTURE ACTIVITIES**

THURS 21 <sup>ST</sup> MAY	SOUTH PACIFIC DAY
THURS 18 <sup>TH</sup> JUNE	KATH AND DIANA
FRI 19 <sup>TH</sup> JUNE	SONGS OF PRAISE
THURS 25 <sup>TH</sup> JUNE	ROGER ENO
SUN 12 <sup>TH</sup> JULY	HOLMWOOD FETE
MON 13 <sup>TH</sup> JULY	LINDA STRETCH

## FORTHCOMING REGULAR ACTIVITIES

Armchair exercises every Tuesday

Communion 1<sup>st</sup> Wednesday of the month

Word games and crafts every Wednesday

Art classes alternate Friday. Any activities are on the notice board and on your activity schedule in your room.

As always we welcome any suggestions that you may have about activities that you would like to have provided.