



Christmas 2018

Recipe for Gingerbread Men

12 oz of Plain flour

2tsp ground ginger

1tsp ground cinnamon

4 1/2 oz butter

6oz of soft brown sugar

1 free range egg

4tbs Golden syrup

Sift the dry ingredients together and pour into a bowl before adding the butter and blend until the mix looks like breadcrumbs then stir in the sugar.

Beat the egg and golden syrup together and add to the mix. Tip out the dough and leave to chill in the fridge for 15 mins. Roll out the dough and using a cookie cutter cut out the gingerbread men shapes. Pre heat oven to 180c and bake for 10 to 12 minutes or until golden brown, decorate when cool.

Spring Gardens Care Home Newsletter

Christmas 2018 Newsletter



Welcome to the Christmas 2018 edition of the Spring Gardens Newsletter dedicated to all our residents, families and staff.

Christmas is a special time for our residents and we brought our home alive with festive decorations and a full on activity calendar for December.

Christmas merriment is compulsory and our staff always go that extra mile to make Christmas special for our residents and their loved ones.

As the residents enjoy talking and seeing children we invited the little ones from the "Visitots" for a Christmas party and a visit from Santa (aka our resident, Alex Graham).

The children from the local Sunday school were also invited and they came along and sang Christmas carols with their parents.

As well as our musical entertainers, our events this year also included the Cinderella Pantomime performed by the staff, a lovely Christmas afternoon tea, with Margot singing medleys of Christmas and traditional songs. We also had our traditional peaceful Christmas Eve candlelight service.

We would like to share our pictures and stories with you in the hope you enjoy them as much as we enjoyed being part of this years' celebrations.

The staff also want to take this opportunity to give a huge and heartfelt thanks to everyone for all the lovely chocolates and gifts received at Christmas.



Residents, staff and families enjoyed the Christmas Party with musical games, pass the parcel, singalongs, dancing and of course drinks and nibbles. Festive fun was also enjoyed with our traditional “Wrap the Christmas Tree” game which was an absolute hoot this year thanks to Jamie and Carol.

Moir’s grandson Jamie had no idea what he had volunteered for and at 6’6” he was actually the ideal height for a tree!

Unfortunately, for staff members Eileen and Cher who, by the way, are both just over 5’2” thought the challenge was a bit more difficult than they had envisaged.





One of our party jokes

One Christmas Eve, Pete and Jane were driving their Russian friend Rudolph back to his house. The weather outside was frightful.

Jane asked Pete, "Do you think that's sleet or rain out there?"

"It's rain, Jane" said Pete.

"I think its sleet, Pete," said Jane.

Rudolph chimed in, "It's definitely rain, Jane."

"No, I really think its sleet, Rudolph" said Jane.

"Don't argue with the expert, Jane," said Pete.

"What do you mean, Pete?" asked Jane.

Pete replied, "Rudolph the Red knows rain, dear."

Ho! Ho! Ho!

Festive events

At the beginning of December our residents enjoyed going out to a Christmas Party event organised by the wonderful group 'Sing in the City' which was held at Holy Cross Church Hall.

Sing in the City was established in 2010 with one choir of 31 members. Eight years later and there are choirs all over Scotland with over 900 members. They are chasing dreams, making memories and have music, social, community and friendship at the heart of everything that they do. They are very proud to have created an environment where age and ability are irrelevant. You can join a choir in many locations, have a look at their choir pages on Facebook.

The residents joined in with the dancing, a game of bingo and pass the parcel. There was also a sit down buffet lunch and a super singalong. We met other people, some from various care homes throughout the city. Kenneth enjoyed sitting next to a lady called Jenny who had the same sense of fun and humour as him. They were happy to be called Kenny and Jenny and couldn't stop laughing with each other. The residents all agreed that it was a great outing and the singalong was amazing.





Special production with
Spring Gardens Staff



Cinderella—Kasia

Prince Charming—
Chiara

Wicked stepmother—
Steph

Fairy Godmother—
Sheila

Ugly sister 1—Linzi

Ugly sister 2—Cher

Buttons—Marion

Narrator—Maureen

Team Cinderella will be
back Christmas 2019 and
it will be a theatrical
spectacle never to be
forgotten.

“Oh No it won’t” “Oh
Yes it will”.



Staff Pantomime

This Christmas we thought we would be a bit more adventurous and treat the residents to a fun packed, in house, not to be missed pantomime. Bearing in mind, a panto is a type of musical comedy stage production designed for family entertainment we had what it takes for a good panto, the jokes, audience participation, singing and dancing, the chase, the fight scenes and of course silly costumes and willing staff. Our acting might not have been Oscar award material and yes we could have worked a bit harder to try and learn our lines but overall the residents and everyone involved had a fantastic morning. Contrary to all the rumours we also managed to do our daily tasks. 🙄





This season we were very fortunate to have been entertained by Bruce Davies who, having been in residency for a few years is much enjoyed by the residents. Ella particularly enjoys his genteel style of performing and singing.



The residents were treated to sharing a couple of our friends, Zoe and Rosie's, "Baby's first Christmas" and because Alex Graham believes in 'Santa Claus' he kindly agreed to be Santa for our "Visitots". Alex is a happy, jolly, smiling man with a nice loud HO! HO! HO! So very much like the man in red! The children were delighted to talk to him and also receive a small gift. We played pass the parcel, had a wee dance and finished up with a Christmas singalong. Kenneth and Bette both said "that was a lovely morning just watching the children playing and enjoying themselves was delightful".





Entertainment from
Dougie McQuillan



Merry Christmas and
Happy New Year in:

Gaelic

Nollaig Chrìdheil agus
Bladhna Mhath Ùr

Polish

Wesołych Świąt i
Szczęśliwego Nowego
Roku

Spanish

Feliz Navidad y próspero
año nuevo

German

Frohe Weihnachten und
ein glückliches Neues
Jahr

Italian

buon Natale e Felice
Anno nuovo

Welsh

Nadolig llawen a
blwyddyn newydd dda

December Birthdays



Loretto Guitar Group

Once again a thoroughly enjoyable evening with great singing from the residents and their families.





Christmas Long Ago

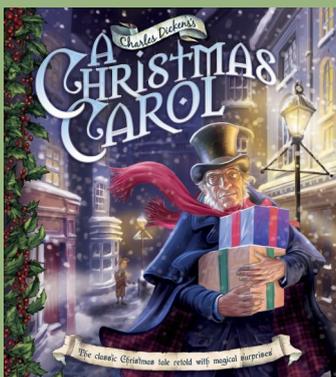
By Jo Geis

Frosty days and ice-still
nights,
Fir trees trimmed with
tiny lights,
Sound of sleigh bells in
the snow,
That was Christmas long
ago.

Tykes on sleds and shouts
of glee,
Icy-window filigree,
Sugarplums and candle
glow,
Part of Christmas long
ago.

Footsteps stealthy on the
stair,
Sweet-voiced carols in
the air,
Stocking hanging in a
row,
Tell of Christmas long
ago.

Starry nights so still and
blue,
Good friends calling out
to you,
Life, so fact, will always
slow...
For dreams of Christmas
long ago.



The Garden Centre

Residents enjoy a trip to the garden centre at Mortonhall for some Christmas shopping and afternoon tea.





Christmas Tea Party

For our annual Christmas tea party, Margot, one of our regular entertainers kindly came along and entertained the residents with her cheery rendition of Christmas songs. Family and residents had a festive tea party and were served with light refreshments. Everyone said they thoroughly enjoyed the afternoon.



At last Christmas day and what a fantastic day was had by all! We were joined by Alan, Betty and Joan's family for Christmas dinner. There were presents to be opened, good wishes to be given and merriment all around. Special thanks to Betty's grandson who got involved and assisted by helping us set the tables and tidying at the end of dinner. Everyone is welcome to join us again next year! Krys was the chef on the day and as always excelled himself with a beautifully presented Christmas meal.





Slàinte !



Dates for Diary

25th January – Robert Burns Lunch 12.30 pm

25th January – Marias Music for Health 2.30 pm

15th February – Historian Roy Johnstone 2.15pm

21st February – Tony Smith 2pm

Please check weekly planners and notice boards for upcoming events/activities. Remember, we love to see you and everyone is welcome to attend.

On behalf of all the residents and staff we would like to wish all our readers a very happy and prosperous 2019!



Karen

Karen Bravin
Registered Manager

Maureen

Maureen Thomson
Activities Coordinator