



**Royal Star
& Garter**

Care with courage

March - 2020

**Events, Activities
& Outings for Solihull**



Events for March

Activities and Events that are taking place this month

Mon	2	11.30 14.30	Fun and Frolics- Curling– Reception Pamper Parlour - Nails - Activity Room
Tues	3	10.30 11.30 14.30	Hartbeeps Nursery Visit, Come and join in while the little ones play– Roundel Interact story telling - Activity Room Tuesday Workout– Tai Chi with the physio team — Reception
Wed	4	11.30 14.30	Kevin is here with his Elvis show, come along and enjoy songs form ‘The King’ – Reception Mid Week pick me up!– Dominoes Club– Bar
Thu	5	14.30	Crafts—the weathers getting better and Gardening is back, come and help us get some potting prep done– Reception
Fri	6	10.30 11.30 14.30	Roundel sensory group– puzzles – Roundel Residents meeting Coffee Morning— Activity Room Family Friday Social— Mike Sullivan is here to play the piano for us- Reception
Mon	9	11.30 14.30	Fun and Frolic– Volley Ball– Reception Pamper Parlour– Meditation and relaxation– Activity Room
Tue	10	14.30	Tuesday Workout– come and exercise your lungs with a sing along with Peter Tonks on the piano.– Reception
Wed	11	11.30 14.30	There’s always a party in when Debbie Miles is here, come and enjoy a good old knees up!- Reception Mid Week pick me up– Dominoes– Bar
Thu	12	14.30	RSGH choir—Come and join us for a sound of music sing along! - Reception
Fri	13	10.30 11.30 14.30 Pm- TBC	Roundel sensory group– scenic drive. Anything goes– Bingo— Reception Family Friday Social— An afternoon at the movies, showing ‘Casablanca’ , with ice cram and popcorn— Activity Room The Charity Adventurers (Greg and Pete) are fundraising for us by completing 7 marathons in 7 days, by hiking in-between all 3 homes! Come and meet them and show your support — Reception
Sat	14	Am-TBC	The Charity Adventurers (Greg and Pete) are fundraising for us by completing 7 marathons in 7 days, by hiking in-between all 3 homes! Come and show your support by waving Greg & Pete off — Reception

Mon	16	11.30 14.30	Fun and Frolics- Curling– Reception Pamper Parlour - Nails - Activity Room
Tues	17	14.30	Wear green for St. Patricks Day! Tuesday Workout– Sing a long with Peter Tonks, and Irish jig! - Reception
Wed	18	All-day	Ladder to the Moon production of Casablanca is here, and you are the cast. Lights, camera, action! - Reception
Thu	19	14.30	Crafts- Crafts– Flower arranging Come and create a beautiful arrangement— Activity Room
Fri	20	10.30 11.30 14.30	Roundel sensory group–Sorting - Roundel Anything goes– Upper limb gym– with the psyhio team- Activity Room Family Friday Social— Name that tune afternoon! - Reception
Sat	22	11.30	Mothering Sunday.—a treat for the ladies. Bubbles and a show– phoebe is here to perform songs by ladies of the war years. – Reception
Mon	23	11.30 14.30	Fun and Frolic– Volley Ball– Reception Pamper Parlour– Meditation and relaxation– Activity Room
Tues	24	14.30	Tuesday Workout– upper limb with the pshyio team — Activity Room
Wed	25	11.30 11.30 14.30	Mid Week Pick– Me –Up!- dominoes— Reception What's on the Box? - come and join us to watch the Netflix series ‘The Crown’ — Activity Room A very special afternoon of entertainment, with Keith slater's– Frank Sinatra show! - dining room
Thu	26	14.30	Crafts– Monthly Baking Group-come along and help us make our very own Bran Loaf, a Wootton family favourite (Recipe supplied by resident, Margaret Wootton). – Activity Room
Fri	27	10.30 12.00 14.30	Roundel sensory group– Scenic Drive Anything Goes- Tai Chi with the physio team — Reception Family Friday Social— staff vs. residents quiz - Reception
Mon	30	11.30 14.30	Fun and Frolics- Curling– Reception Pamper Parlour - Nails - Activity Room
Tue	31	14.30	Tuesday Workout– come and exercise your lungs with a sing along with Peter Tonks on the piano – Reception

Trips Out

MON	2nd	11.30	15.00	Pub Lunch The Fieldhouse. Monkspath
WED	4th	10.30	13.00	Shopping Shuttle Solihull
THURS	5th	10.00	11.45	St Alphege Church Service Solihull
FRI	6th	10.15	15.30	Birmingham Museum & Art Gallery Visit. Packed Lunches Reqd.
MON	9th	11.30	15.00	Pub Lunch WING WAH Chinese Coventry
WED	11th	10.15	15.00	Shopping Kingfisher Redditch with Lunch Out.
SAT	14th	14.00	18.00	“ANNIE” at THE CORE Theatre Solihull
MON	16th	11.30	15.00	Pub Lunch at The Robin Hood (Carvery)
FRI	20th	14.00	16.30	Scenic Drive... Kenilworth Castle & surrounding areas.
MON	23rd	13.45	16.45	Pub Lunch at The Winged Spur Ullenhall.
TUES	24th	14.00	16.15	Garden Centre Balsall Common with Tea, Coffee & Cake.
WED	25th	10.00	13.00	Shopping Kingfisher Redditch.
WED	25th	14.00	16.15	Gents Afternoon - British Legion.
MON	30th	10.30	13.00	Shopping Shuttle Solihull. (Sofe)

Regular Activities

SAME TIME, SAME DAY, EVERY WEEK

The Activities Department is always open and EVERYONE is welcome to enjoy this space for crafts, baking, computers, coffee, games and company

Every Mon	10.30	Movement to Music – Reception
	10.30	One to one visits and catch ups with the Activities Team.
	11.00	Roundel Aerobics– with the physio team– Roundel
	11.30	Fun and Frolics- (see monthly program) — Reception
	14.30	Pamper Parlour (see monthly program) - Activity Room
Every Tue	10.30	Art Cafe—Activity Room
	11.30	Daily Sparkle Reminiscing Tea Party—Activity Room
	11.30	Roundel– ‘Go with the Flow– Roundel
	14.30	Tuesday Workout- (see monthly program) — Reception/ Activity Room
Every Wed	10.30	Movement to Music – Reception
	10.30	One to one visits and catch ups with the Activities Team.
	11.30	Mid Week Entertainment- Bring your best singing voice —Reception
	14.30	Mid Week Pick– Me –Up! (see monthly program) — Reception/ Activity Room
	14.30	What's on the Box? - come and join us to watch the Netflix series ‘The Crown’ — Activity Room
Every Thu	10.00	Arts & Crafts —Activity Room
	11.30	Pub Quiz— Reception
	11.30	Roundel Sensory Group– Singing for the soul – Roundel
	14.30	Crafts (see monthly programme)— Activity Room
Every Fri	10.30	Movement to Music – Reception
	10.30	One to one visits and catch ups with the Activities Team.
	10.30	Roundel Sensory Group (see programme) – Roundel
	11.30	Anything Goes (see monthly program) — Reception/ Activity
	15.00	Friday Social (see monthly program) - Reception

Don't forget there's always more to do.....

- Audio library
- Computers
- Volunteers
- Church Visits
- Pat therapy Dogs
- Aromatherapy
- Skype
- Ancestry
- iPad's
- And much more! ...just ask.

Weekend programme

Sun	1	Led by Whiteley	11.30 14.30	<u>St. David's Day—</u> Sunday Hymns— Reception Crafts— making paper daffodils— reception
Sat	7	Led by Whiteley	11.30 14.30	Card Making— Activity Room Pub Quiz—Bar Area
Sun	8	Led by Whiteley	11.30 14.30	Sunday Hymns— Reception Pick a Mix a movie—Activity Room
Sat	14	Led by Croucher	11.30 14.30	Baked Cold sweet treats scones— Activity Room Play your cards right- Reception
Sun	15	Led by Croucher	11.30 14.30	Sunday Hymns— Reception Pick a Mix a movie—Activity Room
Sat	21	Led by Croucher	11.30 14.30	Word games and puzzles- Bar Area Reminiscing group- Reception
Sun	22	Led by Croucher	11.30 14.30	<u>Mothering Sunday-</u> A special treat for the ladies. Bubbles and a show— Phoebe is here to perform songs by ladies of the war years. – Reception Pick a Mix a movie—Activity Room
Sat	28	Led by Linley	11.30 14.30	Beetle Drive- Bar Area Dominoes- Bar Area
Sun	29	Led by Linley	11.30 14.30	Sunday Hymns— Reception Pick a Mix a movie—Activity Room

Church Services

Sun	1	11.30	Join us for Sunday Hymns— Orangery
Wed	4	14.30	St Alphege Church of England Service - Full Communion Orangery
Thu	5	10.00–11.45	Trip- Church Service at St Alphege Solihull. (see trips)
Sun	8	11.30	Join us for Sunday Hymns— Orangery
Wed	11	14.30	Methodist Church service — Orangery
Thu	12	14.00	St Augustine Roman Catholic Service- Orangery
Sun	15	11.30	Join us for Sunday Hymns— Orangery
Sun	22	11.30	Join us for Sunday Hymns— Orangery

In loving Memory

Our thoughts and prayers are with:
Richard (Doug) Felgate and his family

March

1. Its March—Happy New Year, ancient Romans!

Welcome to the third month of the year—or, if you were born before 150 B.C., the first! According to the oldest Roman calendars, one year was ten months long, beginning in March and ending in December. It may sound crazy, but you can still see traces of this old system in our modern calendar: because December was the tenth month, it was named for the number ten in Latin (*decem*), just like September was named for seven (*septem*). So, what about January and February? They were just two nameless months called “winter,” proving that winter is literally so awful it doesn’t even deserve a spot on the calendar.

2. March was named for war—and lives up to its title

March was actually named for the Latin *Martius*—aka Mars, the Roman God of war and a mythical ancestor of the Roman people via his wolf-suckling sons, Romulus and Remus. With the winter frosts melting and the ground becoming fertile for harvest again in the Northern hemisphere, March was historically the perfect month for both farmers to resume farming, and warriors to resume warring.

3. Beware the Ides of March

We’ve all heard it uttered, but what does “beware the Ides of March” actually mean? On the Roman calendar, the midpoint of every month was known as the Ides. The Ides of March fell on March 15th. This day was supposed to correlate with the first full moon of the year (remember, winter didn’t count then) and marked by religious ceremonies, but thanks to Shakespeare’s *Julius Caesar* we know it for another reason. Supposedly, in 44 BC, a seer told Julius Caesar that his downfall would come no later than the Ides of March. Caesar ignored him, and when the fated day rolled around he joked with the seer, “The Ides of March have come.” The seer replied, “aye, Caesar; but not gone.” Caesar continued on to a senate meeting at the Theatre of Pompey, and was summarily murdered by as many as 60 conspirators.

