

## DIARY DATES FOR OCTOBER 2019

Tues 1st	Ray Bell on Accordion <b>2.00pm</b> Myers Lounge
Wed 2nd	Seated Zumba <b>2.00pm</b> Myers Lounge
Thurs 3rd	Mum/Baby Group <b>10.30am</b> Leisure Room
Fri 4th	Knitting Group <b>2.00pm</b> Sun Lounge
Tues 8th	Musical Keys <b>10,00am</b> Leisure Room
Tues 8th	Wallace Art Talk <b>2.00pm</b> Leisure Room
Sat 12th	Sophia Dance/Exercise – <b>10.45am</b> Leisure Room
Mon 14th	Let's Dance Session <b>2.00pm</b> Leisure Room
Wed 16th	Three's Company (piano/cello/voice) Theme- Roses and Gardens <b>2.00pm</b> Myers Lounge
Friday 18th	Knitting Group <b>2.00pm</b> Sun Lounge
Tues 22nd	Musical Keys <b>10,00am</b> Leisure Room
Tues 22nd	Carol Lea Entertains <b>2.00pm</b> Myers Lounge
Tues 29th	Wallace Art Talk <b>2.00pm</b> Leisure Room

## FUTURE DIARY DATES FOR NOVEMBER 2019

Fri 1st	All Saints' Service <b>10.00am</b> Leisure Room
Tues 26th	Reminiscence Theme 'Household Items' <b>2.00pm</b> Leisure Room



### Shop trolley with Mel



Thursday October 10th  
Thursday October 24th



The next meeting of the Activities and Leisure Forum will be on  
Tuesday October 29th 2019 at 10.30am

If anybody would like to receive Neighbours by email please respond to  
[care@cortonhouse.co.uk](mailto:care@cortonhouse.co.uk)

No 414

OCTOBER 2019



  
Corton House  
*Loving Care and Support*



## NEIGHBOURS

### MONTHLY NEWS-SHEET FOR CORTON HOUSE AND BRAKENDON CLOSE



**FROM THE MANAGER**

Autumn is now upon us with an eclectic mix of weather; cooler mornings and evenings with rainfall and glorious sunshine in the daylight hours. We are truly blessed given that we are at the end of September. We have had a varying amount of entertainment and an extraordinary Let's Dance session which saw 10 residents embracing technology so that only they could hear the music being played through headphones. They were singing and dancing the like of which we have not seen for several months, a very welcome experience for them. We are also going to be trialling ReMe this month, a large portable TV screen where residents are able to play games, quizzes, and build up a life history which can involve their families as we can invite them to put information on screen. This is all new technology, which I am sure they will enjoy.

**FROM THE SCHEME MANAGER**

As the lovely Summer season draws to a close and we enter into Autumn, we can reflect and look back on the busy times we have enjoyed. Day trips out with scrumptious lunches, in house celebratory events with food, such as Harvest Lunch and Norfolk Day. But...looking forward, there is still more to come! We are hosting our first cinema experience at the beginning of October with our super new television! One tenant has jokingly offered to be an usherette; sadly those days are long gone! However, we will be serving the treats one would usually expect to enjoy at the cinema. Our Entertainments Committee are busy planning the next event....

**HALLOWEEN!!!**



**Brakendon Close Activities**

*(Open to all tenants and residents)*

Monday 7th & 21st	Bingo	2.00pm
Tuesdays	Exercises	10.00am
	Team Boccia	2.00pm
Wednesdays	Lunch at Corton House	12.30pm
	Knit 'n' Natter	2.00pm
Thursdays	Coffee Morning	10.00am
	Carpet Bowls	2.00pm
Saturdays	Card Making	2.00pm

**Wednesday Services  
10.00 am Leisure Room**

Oct 2nd Revd Daphne Lloyd  
*(Harvest)*  
Oct 9th Revd Catherine Hutton  
Oct 16th Alan Barnes  
Oct 23rd Revd Daphne Lloyd  
Oct 30th Terry Baxter

**Holy Communion**

Thursday Oct 3rd 11.00am  
Brakendon Close  
Thursday Oct 17th 11.00am  
Corton House Fr Erik (Leisure Rm)  
Friday Oct 25th 10.00am  
Corton House  
Barbara Searle (Leisure Rm)

**Sunday Services  
10.00am Leisure Room**

Oct 13th Revd Daphne Lloyd  
*(Harvest)*  
Oct 27th Ian Charles

**Prayer Group  
10.30am Leisure Room**

Monday Oct 7th  
Revd Daphne Lloyd

**Songs of Praise  
3.15pm The Atrium**

Oct 6th Ros Crowe *(Harvest)*  
Oct 20th Revd Steven Thomasson

**Quiet Room at Brakendon Close**  
There will be a time for prayer every Tuesday at 7.00pm.  
Evening prayer (Compline) will be held on the 4th Saturday of every month at 7pm.

**Roman Catholic Mass**  
Tuesday October 15th 10.00am  
Leisure Room

**FROM THE ACTIVITIES CO-ORDINATOR**

A first for Corton House this month—we introduced 'Let's Dance' which is an interactive dance class for all ages and abilities to move, shake, sing and shout. Wireless headphones are used and you can sit and tap your toes or move as much as you like. Ten of our residents chose the music and everyone got up and danced. It was fabulous to watch them.

On the theme of music one of our residents had a birthday and her friend (from Amercia) came and played the piano. He is a singer/songwriter and an excellent pianist so we were very lucky to have him visit.

We were thrilled to have a visit by Lady Agnew, the High Sheriff of Norfolk. She met residents, tenants, staff and volunteers and was genuinely interested in our home.

We had our Macmillan Coffee Morning on the same day and raised £100 for this worthy charity. Thank you to everyone who contributed.

