

Norwood News -



Dear Family, Friends and Supporters,

January was, as usual, a very busy month for our residents with plenty going on at Norwood House.

The lovely ladies from **Creative Minds** and **Creative Mojo** have been in doing lots of craft work with our residents. We also had some great entertainers, including **Annika**, **Gwyn Pritchard**, **Brian Shaw**, **Sharon Jarvis** and **Sing As We Go**.

The Kitchen did a lovely special Chinese New Year Menu, they have shared their Chicken Noodle Soup Recipe in the Chef Corner section of the Newsletter!

Please remember to add our February dates to your diary so you can join us for some of our events. We have some special menus coming up, available on Valentine Day and Pancake Day!

Regards and Best Wishes from,

All at Norwood House



County Care Homes

Best Dementia Care Home Finalists The National Dementia Care Awards 2011

Together We Care

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February 2020

Diary Dates

4th February

♥ Gwyn Pritchard 10:00

7th February

♥ Elvis 14:30

10th February

♥ Sharon Jarvis 14:15

11th February

♥ Brian Shaw 11:00

12th February

♥ Creative Minds 10:00

14th February

♥ Valentine's Day Special Menu

18th February

♥ Sing As We Go 14:30

24th February

♥ Gwyn Pritchard 14:30

25th February

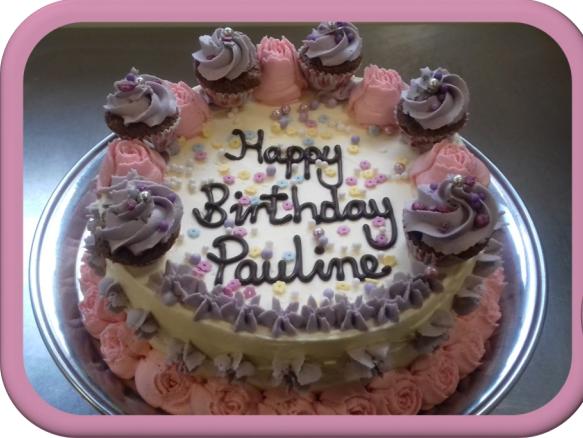
♥ Sing As We Go 14:30

♥ Pancake Day

Special Menu

26th February

♥ Creative Minds 10:00



Neville and Pauline
celebrated their
birthdays in



Pauline went out for a lovely trip to Darsham Nurseries with her family and returned back to a beautiful birthday cake made by our chefs, she was so full from her meal she couldn't manage to eat it on her birthday so it was saved for the next



Happy Anniversary

**Frank
& Iris celebrated
their 75th
Wedding
Anniversary in
December!
Congratulations
from us All.**



**Charles & Chrissie had a
lovely time at the Tea
Dance in Saxmundham
on the 14th January.**



Creative Minds thought they'd start the year by creating 2020 Calendars with the residents, using coloured foil paper and patterned tape.





Creative Mojo

spent the morning making 2020 Elephant Calendars with Gems stick on



Creative Mojo

Residents used cardboard plates decorated with paint and Glitter to make up a Chinese dragon



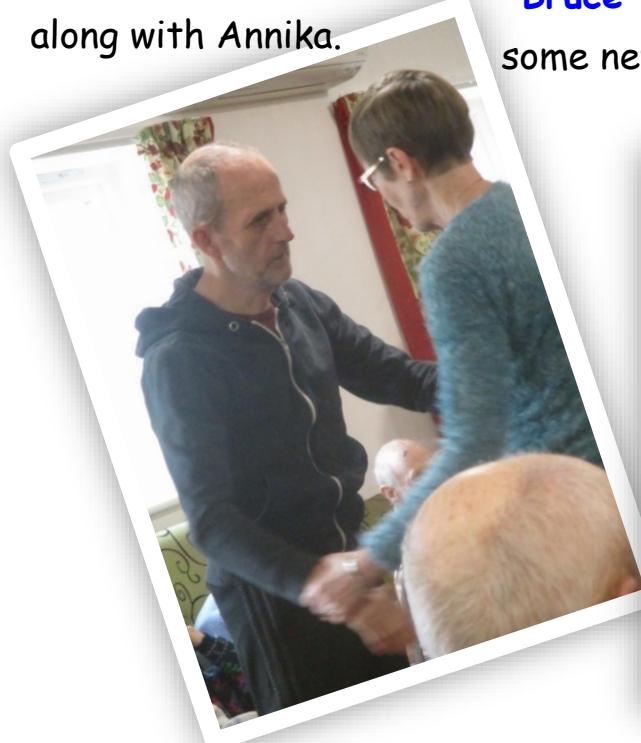
ENTERTAINMENT



Annika came and entertained our residents with her beautiful voice yet again. Neville and Frank had maracas to set the tone and we had our lovely Amelia singing along with Annika.



Bruce visited us for the first time and performed some new songs for the residents—which got Trevor and his wife Rachael up dancing!



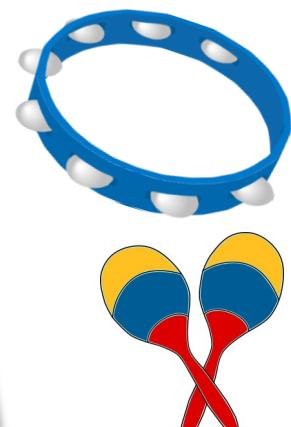
ELVIS



Elvis entered the building, and sung to the residents. His performances are always enjoyed by all residents, staff and visitors!

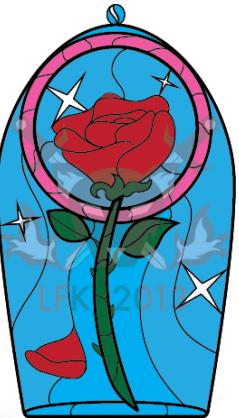


Gwyn Pritchard performed for the residents, who enjoyed playing along



Tickled Pink

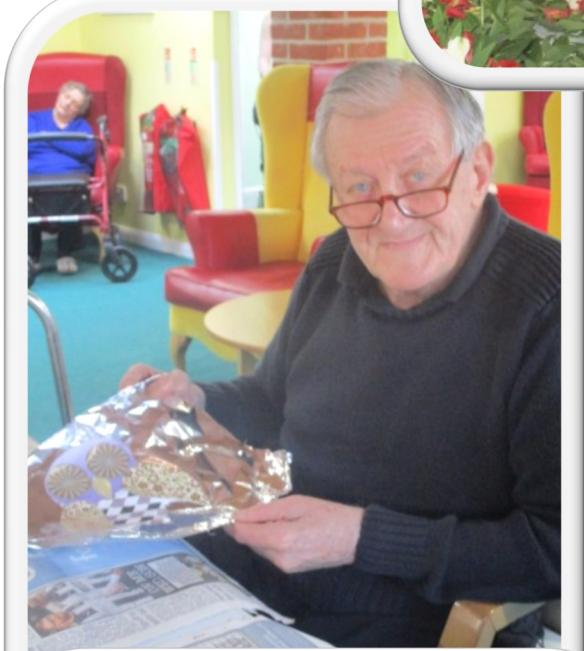
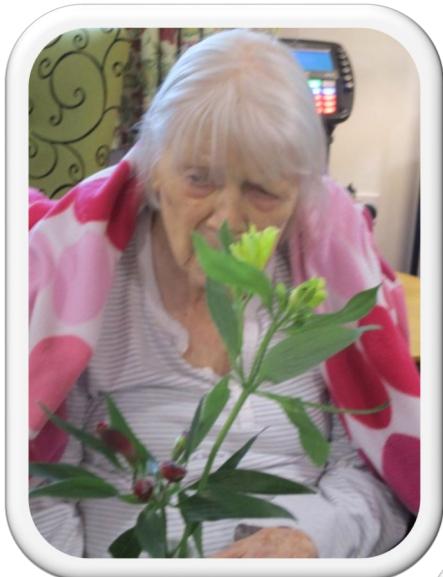
Tickled Pink Productions performed Beauty and the Beast for us, as usual the residents and staff loved it.



Sing As We Go

The lovely Sing As We Go came in during January and entertained our residents, who as always love to join in.





The residents enjoyed getting creative with the Activities Team. During January they have done flower arranging, Chinese Fan making and made some lovely owl pictures.





Chinese New Year

On Saturday 25th January, we celebrated the Chinese New year. The Lounge & Dining Room were beautifully decorated. The Chefs put on a special menu for the residents, guests & staff to enjoy!



Chefs

Corner



To celebrate Chinese New Year, the chefs would like to share their favourite Chicken Noodle Soup Recipe! We hope you enjoy it!

Chicken Noodle Soup

Ingredients

- 900ml chicken stock
- 175g chicken breast
- 1 teaspoon of fresh root ginger, chopped
- 1 clove of garlic, finely chopped
- 50g rice noodles
- 2 tablespoons of sweetcorn
- 2-3 mushrooms, thinly chopped
- 2 spring onions, Shredded
- 1 red pepper, Shredded
- 2 teaspoons soy sauce
- Optional - shredded chilli to serve



新年快樂

Happy Chinese New Year

Method

Pour the chicken stock into a pan and add the chicken breast, ginger and garlic. Bring to the boil, then reduce the heat, partly cover and simmer for 20 mins, until the chicken is tender.

Remove the chicken and shred into bite-size pieces using a couple of forks, then return the shredded chicken to the stock with the noodles, sweetcorn, mushrooms, 1 of the spring onions and soy sauce.

Simmer for 3-4 mins until the noodles are tender.

Ladle into two bowls and scatter over the remaining shredded spring onion and shredded chilli if using.

Norwood House 2020 Dates



Wednesday 1st January – New Year's Day
Saturday 25th January – Chinese New Year



Friday 14th February – Valentine's Day
Tuesday 25th February – Pancake Day



Tuesday 17th March – St Patricks Day
Sunday 22nd March – Mother's Day

Wednesday 25th March – Vaffeldagen (Swedish Waffle Day)



Sunday April 12th – Easter Sunday
Thursday 23rd April – St Georges Day



Friday 1st May – Mayday
Tuesday 5th May – Cinco de Mayo
Saturday 23rd May – FA Cup Final Day



Tuesday 2nd June – Festa Della Repubblica (Italian National Day)



Sunday 21st June – Father's Day
Monday 29th June - Wimbledon



Saturday 4th July – Independence Day
Tuesday 7th July – World Chocolate Day
Tuesday 14th July – Bastille Day



Saturday 8th August – Garden Party
Sunday 4th October – Oktoberfest
Monday 19th October – Talk Like a Pirate Day
Saturday 31st October - Halloween



Tuesday 3rd November – Norwood House Firework Night
Wednesday 11th November – Remembrance Day
Saturday 14th November – Diwali
Thursday 26th November - Thanksgiving



Sunday 20th December – Family Christmas Dinner
Friday December 25th – Christmas Day



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NORWOOD HOUSE CONTACT DETAILS:

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