

Local News

- Organisers of the 2009 Poppy Appeal in Devon say the public are responding more than ever, and believe it is due to events in Afghanistan.
- Exmouth police have thanked the town's businesses and residents for helping officers keep trouble to a minimum over Hallowe'en.
- Calls to install a small skateboard ramp at Norman's Crescent in Budleigh Salterton to keep youngsters off the road has fallen on deaf ears after the district council said the idea was unfeasible.

Sport

- **Football:** October has not been a good month for the Budleigh Salterton Football Club as they succeeded in winning only three of the 12 matches played between the first and second teams.
- **Formula 1:** Ferrari has said that those in charge of Formula 1 have "waged war" against the major car manufacturers, leading to the withdrawal of several teams.
- **Cricket:** England all-rounder Andrew Flintoff has signed a three-year contract to play one-day cricket for Lancashire.

Trivia - The only: unique, one of a kind, unusual, exceptional people, places, animals and other wonders

- Antarctica is the only continent without reptiles or snakes.
- Australia is the only country that is also a continent.
- Giraffes are the only animals born with horns. Both males and females are born with bony knobs on the forehead.
- Honey is the only food that does not spoil. Honey found in the tombs of Egyptian pharaohs has been tasted by archaeologists and found edible.
- Mercury is the only metal that is liquid at room temperature.
- The king of hearts is the only king without a moustache on a standard playing card.



November 2009 Newsletter **Residents Go 10 Pin Bowling!**



Residents at Pinewood have been very happy to see their brand new 52" television finally arrive. The fact a Wii games console came along with it proved a very welcome bonus! The console reacts to body motion and requires each player to carry out appropriate actions depending on what they want their character to do. Bowling has proved to be the most popular game where Marjorie, pictured above, is emerging a keen star. Chris Mason, our new Activities Coordinator, has been settling in fantastically and has been helping residents get to grips with the machine. In addition to the game console, Chris has been busy helping us put together a whole variety of other fun and exciting activities for everyone to join in with. Read on to find out more.

Christmas

It won't be long now until Christmas is upon us all and we've been busy making sure there's plenty happening to keep everyone in the spirit of things. In addition to our Christmas Dinner, we can look forward to a variety of Christmas activities where residents will be helping to make a Christmas cake, a Christmas door wreath and a nativity scene. An outing to the Donkey Sanctuary is also on the cards and we are hoping for a visit from the Budleigh Salterton Male Choir.

Firework's Night—6 p.m. Saturday 7th November

Any day now we should all be looking forward to our Fireworks Night. The event should have raised a great deal of money for the Budleigh Salterton Lions Club who provide funds for various worthwhile causes within the local area.

Old Owners meet new.....



Pinewood was host to a very special visitor at the beginning of this month. Mrs Pat Hail, (formerly Mrs Smith) was, from 1976 to 1981, one of the original owners of Links Pinewood Care Home with a capacity for 12 residents. Prior to that, the property was owned by a Mrs Griffin who had been running the Home as a hotel. Before becoming a hotel, Pinewood was the Montpelier School For Girls and Mrs Hail spoke fondly of how one of her residents had attended Montpelier school.

We were all delighted to welcome Mrs Hail back to Pinewood and to enjoy a meal with us, having not seen the home since the sale. Philip was also more than happy to provide her and her friend, Mrs Jill Coslett, with a personally guided tour. Both were very impressed with the changes made at the home.

The month that's past.....

- Sabrina was getting everyone nicely pampered up with her monthly Beauty Therapy sessions on 6th October.
- *Katz Cabaret* was here to entertain everyone with some wonderfully reminiscent wartime songs on 9th and 23rd October.
- The residents were helping to provide the entertainment themselves on 12th October as we had *Music For Health* come over for their monthly visit.
- Susie Fishwick was here on 14th and 21st October to make sure everyone received some nice relaxing hand massages.
- On 30th October Helen Strevens' *Tranquil Moments* provided residents once again with the usual mix of sing-a-long music, quizzes and poetry recitals.

Let's not of course forget that our weekly activities agenda has helped to keep every day lively and enjoyable:

Monday: Tai Chi with Joe

Tuesday: Hairdressing with Jamie

Wednesday: Mini bus outing

Thursday: Bingo and then some sing-a-long afterwards

Friday: Games afternoon

Activities agenda for November

3rd during the afternoon — Beauty Therapy with Sabrina

4th at 10 a.m. — Hand massages

6th at 3 p.m.— Katz Cabaret

7th at 6 p.m.— Firework's Night

9th at 3.30 p.m. — Music For Health

11th at 11 a.m. — Luc the Harpist

24th at 11 a.m. — Tranquil Moments

30th at 3 p.m. — Katz Cabaret