

ALBAN MANOR
— NURSING HOME • ST ALBANS —

Autumn 2024

Alban Manor Gazette

A Warm Welcome



Hello everyone.

A very warm welcome to our latest edition of Alban Manor Gazette. It is published on a seasonal basis to keep you updated with our news and events, so please keep a look-out in the reception area and on our website and Facebook.

What We Have to Offer

I know many of you are already familiar with, and very much part of the family here, about what is on offer at Alban Manor. A warm welcome to our regular readers and of course, a special welcome to those of you who have joined us recently. I would like to mention to you some of the facilities we have available here. The Home offers inviting and comfortable drawing rooms, Dickens Lounge and Austen Lounge. Our dining rooms are The George, Bar and Bistro, and The Victoria, Tearooms. We have the Olde Post Office, which is like a local general store, stocking many everyday items such as birthday cards, writing paper, sweets etc. Please let us know what you would like to see stocked in the shop. The Film-house, The Zen Wellness Centre, and The Orangery, all provide a different setting, for our residents to choose how and where to spend their day. We have beautiful secluded mature gardens, The Courtyard and The Cloisters, including a herb garden and an allotment. There are two salons for hairdressing and grooming needs, The Mayfair Salon on the ground floor, and The Chelsea Salon on the first floor. Please let Reception staff know of your grooming needs who will do their best to arrange it for you. Our medical facilities are dealt from The Faraday Pharmacy, and The Nightingale Pharmacy on the ground and first floor respectively. We have our beautiful resident dog Tokyo who provides lots of love and fun for the residents.

News

We achieved a food hygiene rating of 5 following our food hygiene inspection, which is fantastic as we continue to maintain our high standards. Our Chef is very amenable and would like your feedback.



To all our Staff at Alban Manor



KINDNESS
is a gift
everyone can
afford to give.

Busy Social Calendar

I hope you been enjoying the summer, even with the very hot weather we have had. However, with Summer Solstice behind us I am sure you have noticed the autumnal chill in the air. Even the nights are drawing in a little bit earlier. We are looking forward to hot chocolate and cosy evenings as autumn marks the transition between summer and winter. It is a wonderful time of the year, and we have lots to look forward to, with many great sporting events hopefully taking place in coming months, Paralympic Games in France, Rugby World Cup, Women's T20 World Cup, Diwali, Remembrance Day, Thanksgiving, Guy Fawkes Night and not to forget Halloween on 31 October. We shall be following and celebrating these and many more events so please keep a look out on the notice board and join us when you can. Check out our Facebook for updates.

In-House Activities


We have lots of activities in-house too. We have on offer the following: yoga, sing-a-longs, garden club, book club, film society, arts & crafts, current affairs, quizzes/ puzzles, bingo, religious services, mobile library etc. We have various professional entertainers coming to the Home too. Of course, no social calendar is complete without visits to our local sights such as our very own beautiful Cathedral in St Albans, local pubs, parks, and other places of interest, which we hope to visit whenever we can. We are always happy to receive suggestions for our social programme and will do our best to arrange anything you wish to see included. We also use our fantastic activities platform Oomph.



AUTUMN TRIVIA


1. What is the first day of fall called?
2. How long does autumn last in the Northern hemisphere?
3. What is a harvest moon?
4. What are the 3 Zodiac signs of fall?
5. What weed pollen causes the most common fall allergies?
6. T/F: On autumnal equinox the number of hours of daylight and darkness are equal.
7. In autumn do you turn your clocks ahead or back?
8. During which month does summer end and autumn begin?
9. Why do the leaves change colour in autumn?
10. Although some varieties are available year round, what fruit is freshest in the fall?

ANSWERS: (1) autumnal equinox (2) mid-Sept to mid-December (3) the full moon which occurs closest to the autumnal equinox (4) Libra: Scorpio: and Sagittarius (5) ragweed (6) True (7) Back (8) September (9) As the leaves lose chlorophyll, their other pigments are exposed. (10) Apples



Fall Word Search

A	L	E	A	V	E	S	Q
P	U	M	P	K	I	N	F
P	E	H	P	U	M	P	A
R	C	O	L	O	R	S	L
S	E	L	E	L	A	F	L
G	H	A	R	V	E	S	T



Fall Leaves Pumpkin

Colors
Apple
Harvest



Thank you to all residents and friends for your kind praises and appreciation of what we do at Alban Manor.