

KENTON MANOR NEWS

Kenton Manor Residential & Nursing Home Newsletter

September 2019

Welcome

What's On This Month...

- Chair Aerobics every Tuesday with Caroline from 1:30pm in the ground floor lounge.
- Relative & Residents Meeting 12th September @ 3:00 pm in the cinema room.
- Live singers Paul Hill, Chris Gilly & Dave Brewis.
- Join our Macmillan Coffee Morning! - The World's Biggest Coffee Morning is Macmillan's biggest fundraising event. People all over the UK host their own Coffee Mornings and donations on the day are made to Macmillan.

Our mission is to offer the best quality care and attention for elderly members of the community, in a safe and secure environment. Our person centred approach to care is built around the specific wants, needs and aspirations of each of our residents.

- Kenton Manor



Take part in the World's Biggest Coffee Morning



In This Issue

- Celebrating Birthdays This Month
- Crossword
- Recipes
- Macmillan Coffee Morning
- Singer Chris Gilly
- Singer Dave Brewis
- Singer Paul Hill
- Pretty Petals - Wax Melts & Gifts

Songs Of The:
50's, 60' & 70's



Live Singer Chris Gilly

13th September @ 2pm

A man with grey hair and glasses, wearing a black shirt and jacket, stands on a lawn holding a microphone. In the background is a large stone building with multiple towers and battlements, surrounded by trees and a clear sky. The image is framed by a decorative border with blue and brown segments.

**LIVE MUSIC FROM ONE OF THE
NORTH EAST'S TOP ENTERTAINERS!**

PAUL HILL

vocalist / entertainer

**Singing Live @ Kenton Manor
27th September @ 11am**

Hits from 60's,
70's, 80's & 90's

A blue silhouette of a vintage-style microphone, positioned vertically on the right side of the poster.

High Hopes

Robert Stockton (© 2007)

Across

1. Inbox annoyance
5. Word with foot or arms
9. Early strings
14. Space pioneer Gagarin
15. It promotes culture
16. McDowell of Groundhog Day
17. Slump starting on Grayish Tuesday?
20. Paparazzi promoters
21. Show up
22. Kind of pitch, for short
23. Odic inspirations, perhaps
24. Site of Short Island and Princesses?
29. DA's org.
32. Business leader?
33. Fodder for 20 across
34. Divide

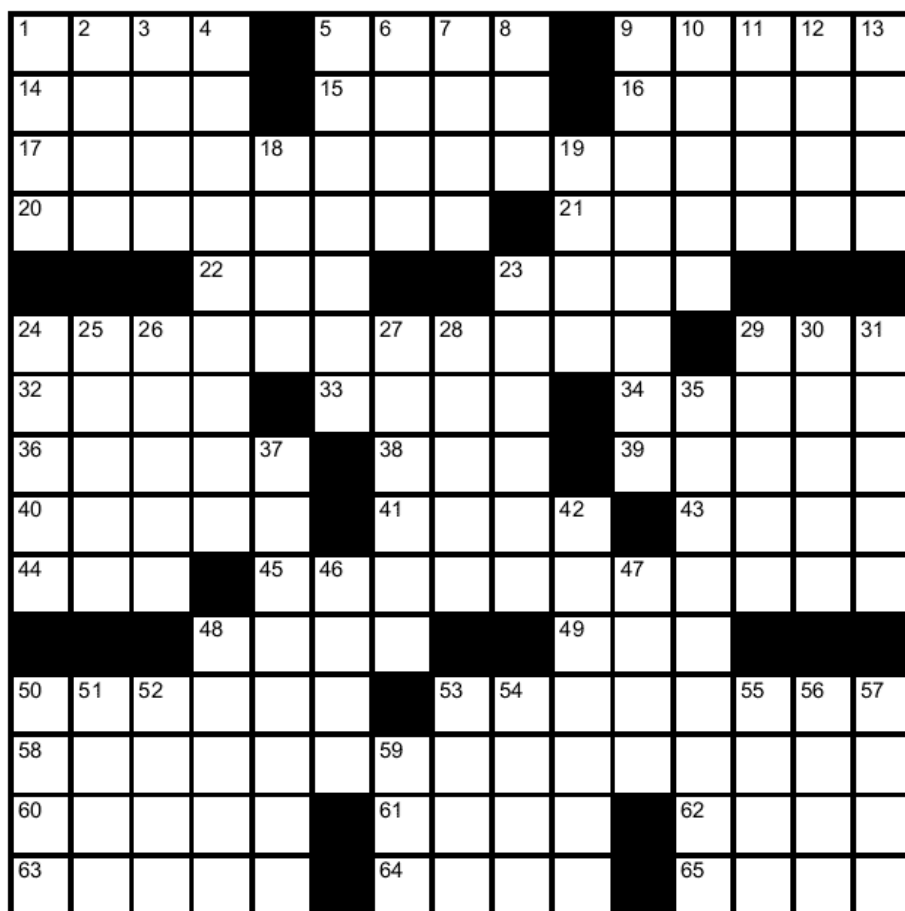
36. Italic property
38. Camper's letters
39. Mooring spots
40. Actress Marissa of My Cousin Vinnie
41. Signs, as a contract
43. Ultra-wide spec.
44. Morse mayday
45. Lun Lun's diminutive sister?
48. Chrysler Building style
49. Word with hot or pepper
50. John of A Fish Called Wanda
53. Ivory workers?
58. Lowly birth, and a hint to 17, 24, and 45 across
60. Samuel of the supremes
61. Press, in a way

62. Surfeit
63. Sauerkraut companion
64. Not theirs
65. They love the sauce

Down

1. Part of CBS
2. Adidas rival
3. Kuwaiti, perhaps
4. Tool for the daily grind
5. Hammed it up?
6. Like wine and cheese, perhaps
7. Toy gun ammo
8. Prove ones humanity?
9. Property of outer space
10. Cal Tech and Rensselaer, abbr.
11. Garfield's bane
12. Serengeti stalker
13. Transmit
18. Lounge
19. Warren of the supremes
23. Something to be quick on
24. Has staying power
25. White house?
26. Taconite transports
27. Jujitsu relative
28. Projecting part
29. Extra-terrestrial or extra-national
30. Kangaroo or cassowary, but not koala
31. Out of port
35. Entreaties
37. Program position
42. Musical snippets

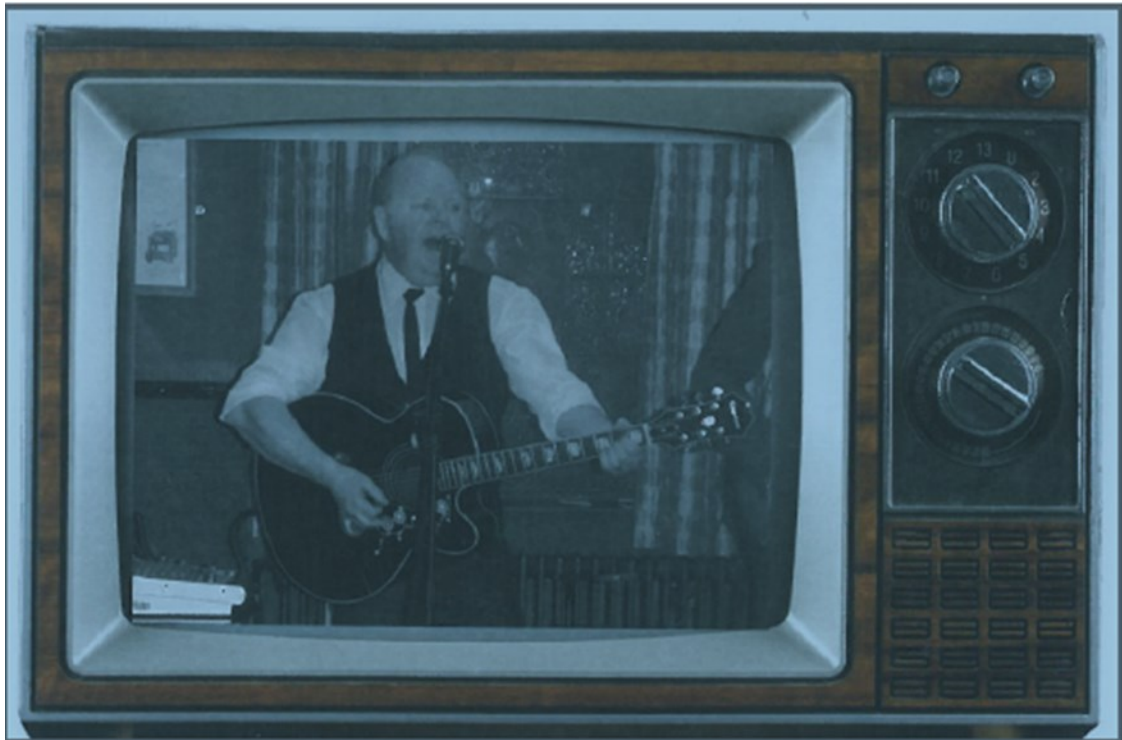
46. Slurpee relative
47. Sean of Mystic River
48. Outstanding obligations
50. Tobacco plug
51. Humdinger
52. Bahrain bigwig
53. Cusco's country
54. Animation pioneer?
55. Grain tower
56. Letter-shaped fastener
57. Some NCOs
59. Life lines?





Celebrating Birthdays This Month

September	
Elizabeth Kappen	07 September
William Clarke	09 September
Norma Barrett	10 September
Nick Jardine	15 September
Eileen Bell	21 September



Singer

David Brewis

Saturday 29th June 2019

from 2pm



9th September @ 1:30pm

Scented Wax Melts & Gift Sets





WORLD'S BIGGEST
COFFEE
MORNING

MACMILLAN
CANCER SUPPORT
RIGHT THERE WITH YOU

Friday
27th Sept

Kenton Manor

Coffee Morning

In aid of Macmillan Cancer Support.

Friday 27th September



The World's Biggest Coffee Morning is Macmillan's biggest fundraising event. People all over the UK host their own Coffee Mornings and donations on the day are made to Macmillan.

Please join us on Friday 27th September for our coffee morning. We have entertainment from singer Paul Hill, cakes and sweets and plenty of coffee and tea.

Calling all bakers!

You are more than welcome to bring along homemade cakes or savouries!





Carrot Cake

Ingredients

155ml sunflower oil, plus extra for greasing
230g self-raising flour
1 tsp baking powder
1½ tsp ground cinnamon
½ tsp mixed spice
½ tsp ground ginger
230g light brown muscovado sugar
Finely grated zest of 1 satsuma or mandarin, plus strips to decorate
100g pecans, halved
260g carrots, coarsely grated
3 medium free-range eggs, beaten

For the icing

50g butter, softened
200g full-fat cream cheese, we recommend Philadelphia
100g icing sugar, plus extra to dust
Finely grated zest of 1 orange

For the orange peel

2 oranges
200ml water
200g caster sugar



Method

Preheat the oven to 180°C/fan160°C/gas 4. Grease an 18cm loose-bottomed round cake tin and line the base with baking paper. Sift the flour, baking powder and spices into a large bowl. Add the sugar, zest, pecans and grated carrots, then stir until well combined. Stir in the beaten eggs and oil, then mix well.

Pour into the prepared cake tin and bake in the oven for 1 hour or until a skewer comes out clean. Transfer to a cooling rack, leave in the tin for 5 minutes, then turn out and leave to cool completely before icing.

For the icing, beat the butter in a large bowl with a hand mixer until really soft. Add the cream cheese and beat again until well mixed. Sift over the icing sugar, add the orange zest, and then beat until smooth. Store, covered, in the fridge until needed.

For the orange peel, carefully pare the zest from the orange (a tool like this would be helpful). Put the water and sugar in a saucepan and heat until the sugar has dissolved. Add the orange zest and remove from the heat. Let the zest sit in the sugar syrup until it has completely cooled.

Carefully cut the cake in half (watch our cheat's how-to video [here](#)) then spread half the icing between the cake layers and the other half on top. Decorate with the orange zest strips.

KUNG PAO CHICKEN RECIPE

Kung Pao Chicken with marinated chicken, the signature sweet-sour-salty Kung Pao sauce with the addictive tingling heat from sichuan pepper. It's an explosion of big, BIG flavours – and it's a really quick and easy recipe.

INGREDIENTS:

- 1 1/2 boneless & skinless chicken breasts
- 3 tablespoons roasted peanuts
- 6-8 dried red chilies, seeded and cut into halves
- 3 tablespoons oil
- 5 slices peeled fresh ginger
- 2 cloves garlic, sliced diagonally
- 1 stalk scallion, cut into rings

MARINADE:

- 1 tablespoon cornstarch
- 2 teaspoons soy sauce
- 1 tablespoon Chinese Shaoxing rice wine, (optional)
- 1 teaspoon oil

SAUCE:

- 1 1/2 tablespoon soy sauce
- 1 teaspoon dark soy sauce
- 1 teaspoon sugar
- 1/4 teaspoon Chinese black vinegar
- 2 tablespoons water
- 1 teaspoon cornstarch

METHOD:

1. Cut the chicken meat into small cubes, rinse in water, pat dry with paper towels and marinate with the ingredients above for 30 minutes.
2. Mix the sauce ingredients in a small bowl and set aside.
3. Heat up a wok with one tablespoon of oil and stir-fry the marinated chicken until they are 70% cook. Dish out and set aside. Clean the wok and add in the remaining 2 tablespoons of oil until it's fully heated. Add in the ginger and garlic slices and do a quick stir before adding in the dried red chilies.
4. Stir fry the dried red chilies until aromatic and smell spicy, then add in the chicken meat. Do a few quick stirs before adding in the roasted peanuts. Add the sauce and stir continuously until the chicken meat is nicely coated with the sauce. Add in the scallions, stir to combine well with the chicken, dish out and serve immediately with steamed rice.





Relatives of Kenton Manor **Support Group**

When:

Last Tuesday of every month

Where:

M&S cafe at Kingston Park.

Time:

10:30am

The first meeting will be Tuesday 27th August 2019.

Upcoming Events

Chair Aerobics every Tuesday with Caroline from 1:30pm in the ground floor lounge.

Resident & Relatives Meeting 12th October @ 3:00pm

Ukulele Group 7th October @2:00pm

Afternoon Tea 19th October

Animal Show 23rd October

Contact Us

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www.kentonmanor.co.uk

Please review us at:

www.carehome.co.uk