



Castlebank Care Home

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November 2022



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A Note From Daniel and June



A time to remember

The clocks changed back to GMT in October and now November is here. As autumn is closing in and the evenings grow longer summer now feels like a distant memory it is important to keep warm. For many of us this year may be a challenging time. A time when some may find the need to choose between heating and eating. We encourage you all to look out for each other over the next few months, especially the elderly in your family and those vulnerable in the community.

Everyone here at Castle Bank had a wonderful spooky time at our Halloween Party! A big thank you to Mandy and team Castle Bank for all their efforts. We now look forward and prepare for Bonfire Night when we celebrate a story of failure; when a small band of co-conspirators failed their attempt to blow up parliament building and assassinate King James I in 1605. The easiest way to remember the date is with the famous nursery rhyme; *“Remember, Remember, the 5th November, gun powder treason and plot. We see no reason why gunpowder treason should ever be forgot.”*

November 13th is also Remembrance Sunday which is a day of remembrance and reflection where we commemorate all the contributions of British and Commonwealth military and civilian service men and women who fought in the two world wars and later. Here at Castle Bank we will be wearing poppies and doing poppy themed activities with residents to show our respects.

Please keep safe and warm!

With very best wishes,
Daniel and June

Guess the year

In this section we travel back in time to a mysterious year from the past. All you after to use the clues to work what the year it is?

Clue 1 NEWS: The Winter of discontent means strike action for bin men and Margaret Thatcher becomes the first female prime minister.

Clue 2 SPORT: Arsenal win the FA Cup final 3-2 against Manchester United.

Clue 3: MUSIC: No.1s include: YMCA by the Village People, Dance Away by Roxy Music and Heart of Glass by Blondie.

Clue 4: FILM / TV: Terry and June, Blankety Blank and The Paul Daniels Magic Show make their début on TV while Watership Down is big at the cinema.

Clue 5: TRIVIA: The first Sony Walkman goes on sale in the UK and the rubiks cube is the year's best selling toy!

The year from the last edition was 1988!



Castlebank Photo Album

Over the past month Castlebank has been a warm hub of happiness, celebration and enjoyment and here are some of the photos that capture and reflect on some of these moments and celebrate our wonderful residents.

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Activities for November

The dark days of November may be upon us however there are plenty of opportunities to keep busy with our seasonal activities where you can enjoy music, be creative or even just relax in one of our pamper afternoons! Planned activities include;

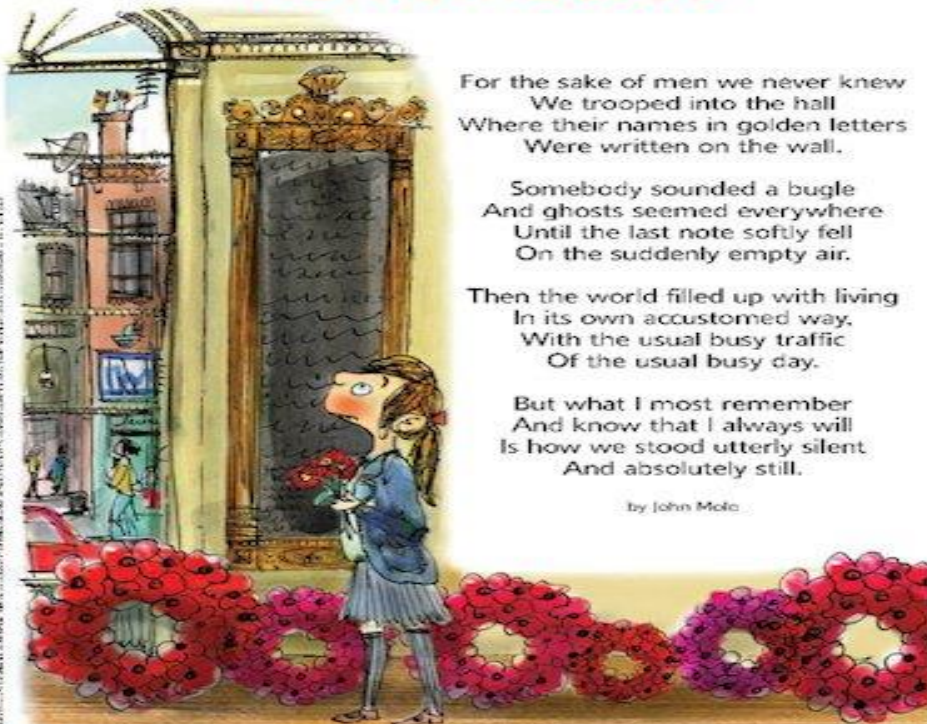
- Poppy themed crafts including collage, sewing and drawing.
- Beauty treatments such as hair make overs, nail painting and hand massage.
- Indoor activities including dominoes, jigsaws, cards and skittles.
- Cooking with a Halloween theme baking biscuits, cakes and sweet treats for our party.
- Movie and music afternoons with singing, memory boxes and personal recollections.



Poetry Corner

SCHOLASTIC

Remembrance Day Remembered



For the sake of men we never knew
We trooped into the hall
Where their names in golden letters
Were written on the wall.

Somebody sounded a bugle
And ghosts seemed everywhere
Until the last note softly fell
On the suddenly empty air.

Then the world filled up with living
In its own accustomed way,
With the usual busy traffic
Of the usual busy day.

But what I most remember
And know that I always will
Is how we stood utterly silent
And absolutely still.

by John Mole



We do hope that these jokes make you smile this November!

What do you get when you cross a dinosaur with a firework?

A. Dinomite!

A policeman arrested two people on Bonfire Night – one for drinking battery acid, the other for eating firework.

A. He charged one and let off the other!

What happens when the firework sequence gets muddled?

A. They're bang out of order!

What do you call a group of teams for Iran, The US and England?

A. A peace treaty!

Why is the World Cup final similar to cows on an aeroplane?

A. The steaks have never been higher!



**FIFA WORLD CUP
Qatar 2022**

November Birthdays

We would like to wish the following staff members and residents that are celebrating their birthdays in November a very happy birthday; Ruth Little (7th) and Eileen Stonehouse (18th).

