




Castlebank Care Home

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October 2022



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A Note From Daniel and June



Happy Autumn

Autumn is upon us and it is a beautiful time of year with all the leaves changing colour and the chill in the air means bonfires, conkers, apple pies and of course Halloween! It is also nature's last hurrah before winter sets in and everyone is getting ready to hunker down indoors.

The clocks are set to change this month as British Summertime comes to an end with Winter just around the corner. The clocks will go back one day before Halloween at 2am on the final Sunday in October (30th). Giving us more sunlight in the mornings as we approach to colder darker months. To ensure our good health and wellbeing is maintained as we prepare for the colder months it is very important that we ensure to eat well exercise and get as much rest as possible.

Usually at the beginning of October are Harvest festivals which is a British tradition and goes back to pagan times. It is celebrated on or close to the Sunday of the harvest moon which is the full moon that is the closest to the autumn equinox. The purpose of this is to celebrate the food that the land has provided and to give thanks. At Castle Bank we will be recognising the importance of Harvest through our craft activities as well as taking the opportunity to do some cooking with our residents.

We continue to be faced with the double threat of both Covid-19 and winter flu viruses. Therefore, it is very important to try to reduce the number of people becoming ill this winter and to help protect them by continuing to wash our hands frequently. Covid-19 and flu spread easily and can be extremely serious and can cause deaths. We encourage everyone to take up the opportunity to be vaccinated if or when offered.

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: Pan Am Flight 103, explodes over Lockerbie becoming the UK's worst aviation and terrorism disaster.

Clue 2 SPORT: The Summer Olympics are held in Seoul, South Korea.

Clue 3: MUSIC: No 1s include: A little Respect by Erasure, Orinoco Flow by Enya, One Moment in Time by Whitney Houston and The Only Way is Up by Yaz.

Clue 4: FILM / TV: This Morning, is launched hosted by Richard Madeley and Judy Finnigan from The Albert Dock in Liverpool and Wheel of Fortune airs on the TV. At the cinema A Fish Called Wanda and Buster are popular.

Clue 5: TRIVIA: The first ever Red Nose Day is launched the £1 note ceases to be legal tender!

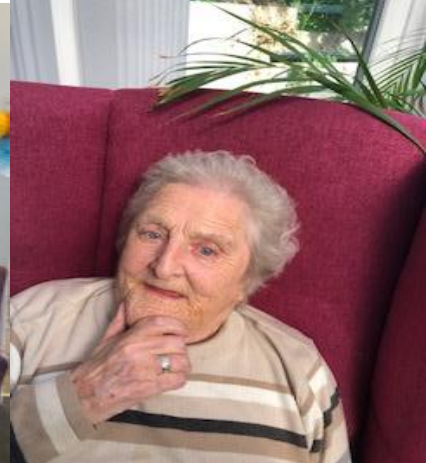
The year from the last edition was 1974!



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 October

Autumn has arrived and as the days get shorter we look forward to a range of seasonal activities. Why not try your hand at a new skill and explore your creative side! We also plan a trip to Lanchester Garden Centre to see the beautiful displays and gifts.

- Dominoes, bingo and charades. Movie afternoons with popcorn and treats!
- Reminiscing afternoons with music and photographs creating a sense of nostalgia.
- Winter wind chime making and junk modelling
- Halloween themed crafts including baking and cookie decorating



Poetry Corner

SCIOASTIC

Halloween
by Brenda Williams

Pumpkin lanterns full of light
Brightening up the darkening night.

Spooks and demons, ghosts galore
Coming tonight to knock on your door!

Cobwebs and masks, spiders and bats
Long hooked noses and pointy hats.

Witches and wizards out in the street
Knock on your door for a trick or treat.

When the moon is high and the day is done
Open your door and have some fun!

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

What did the Autumn leaf say to the other?

A. I'm falling for you!

What's a scarecrow's favourite fruit?

A. Straw-berries!

What's a witch's favourite subject?

A. Spelling!

What did the apple say to the pie baker?

A. Use cherries instead!

What did the skeleton say to the vampire?

A. You suck!



October Birthdays

We would like to wish the following staff members that are celebrating their birthdays in October a very happy birthday; Dawn Roberts (6th).

