



Castlebank Care Home

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May 2022



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A Note From Daniel and June



Spring has sprung

After to a short hiatus due to covid welcome to this Spring edition of the Castlebank newsletter. We do hope that everyone had a great Easter and manage to enjoy some chocolate! Firstly, may we begin by welcoming the following new staff and residents to our home; Sharon Troy (Cook), Mandy Kemp (Activities coordinator) and Pauline Lockett (Care Assistant). Also, Joyce Maughan (resident).

Thank you to staff and colleagues for support and team effort, through some difficult times. A big well done for those who attended the moving and handling course, also a special thank you and a big well done to Kylie and Adam who did a very good job delivering the course which was enjoyed by all who attended.

As the days are now getting longer and brighter, we have lots to look forward in the Springtime. It is lovely to see the signs of spring flowers and new buds on the trees. Here at Castlebank we have a plethora of activities planned for the month ahead including arts and crafts, scrabble jigsaws and board games. The highlight of the season is The Queens Jubilee Celebration week which commences on Wednesday 1st June with a performance from The Twilight Duo singing Oldies, but Goldies followed by a buffet tea. Relatives are welcome to join in the celebration with their loved ones

As we get back to normality after the Covid-19 pandemic visiting restrictions have been eased, which now allows families and friends to meet more freely and frequently. We do request, if possible, that you phone in advance. The wearing of face masks is still mandatory, and we ask if you have any illness of any kind e.g. viruses, coughs, colds, flu or Covid-19 you do not enter the home.

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 Chernobyl nuclear disaster occurs and Prince Andrew and Sarah Fergusson get married.
Clue 2 SPORT: Diego Maradona scores two consecutive goals in the quarter final of the World Cup held in Mexico City.

Clue 3: MUSIC: No 1s include: The Final Countdown by Europe, Take my Breath Away by Berlin, and The Sun Always Shines on TV by A-ha.

Clue 4: FILM / TV: At the box office we were watching Top Gun and Crocodile Dundee while on TV Catchphrase, Casualty and Lovejoy all made their debut.

Clue 5: TRIVIA: Disposable cameras are popular as are wearing jeans in launderettes!

The year from the last edition was 1982!



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 May

Spring has finally arrived and why not make the most of the new season by trying a new pursuit or discover a hidden talent. We have a wide spectrum of activities and events scheduled for the month ahead organised by our highly skilled Activities co-ordinator Mandy. Be bold and why not enjoy

- Indoor sports such as skittles, ten pin bowling, floor exercises or meditation yoga
- Music sessions; reminiscing hits from yesteryear as well as sing-alongs.
- Arts and crafts relating to Springtime and the Queen's Platinum Jubilee.
- Floral design using synthetic flowers and coloured tissue
- Film afternoons with the bonus of popcorn and treats!
- Games including bingo, board games, dominos and charades.



Poetry Corner

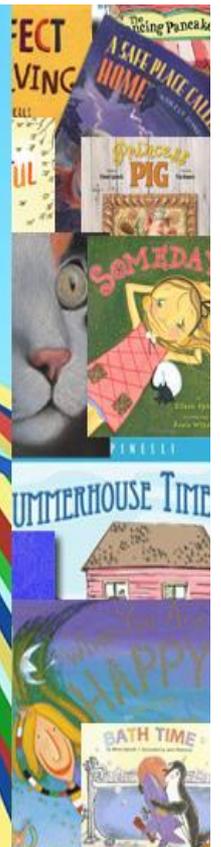
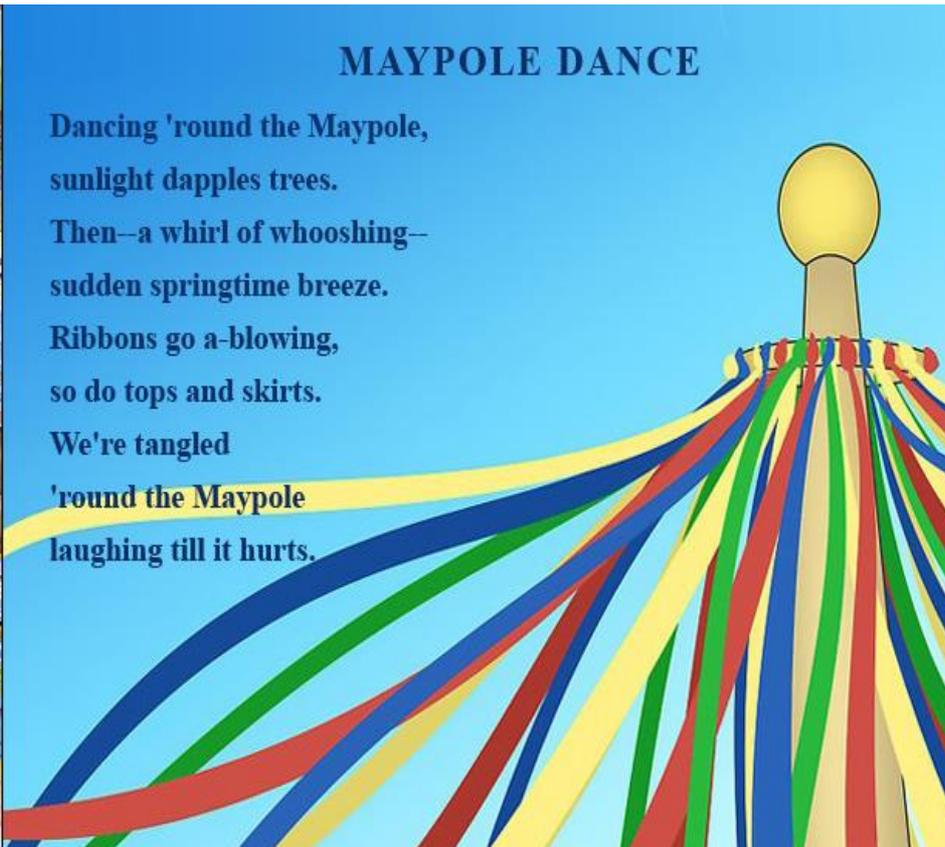
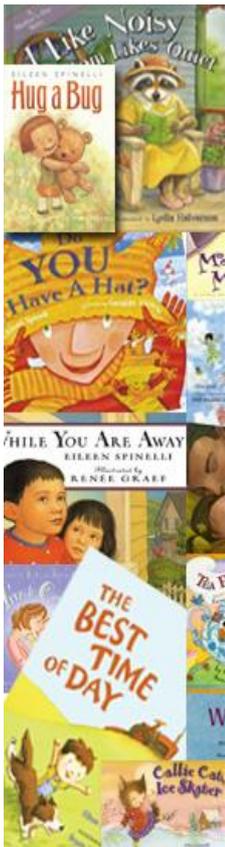
MAYPOLE DANCE

Dancing 'round the Maypole,
sunlight dapples trees.

Then—a whirl of whooshing—
sudden springtime breeze.

Ribbons go a-blowing,
so do tops and skirts.

We're tangled
'round the Maypole
laughing till it hurts.





We do hope that these jokes put a spring your step!

How excited was the gardener about Spring?

A. So excited that he wet his plants!

What does Winter fat turn into?

A. Spring rolls!

What is the shortest month of the year?

A. M-A-Y

How did the bee brush his hair?

A. With a honey-combe!

What bird should you never take to the bank?

A. A rob-in!



May Birthdays

We would like to wish the following residents that are celebrating their birthdays in May a very happy birthday;

Maretta Rowland 8th

Joyce Maughan 15th

Freda Brown 30th

