



# Castlebank Care Home

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 @castlebank



## August 2022



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### A Note From Daniel and June



#### Summer Fun!

We hope that you are well and are enjoying the delights of Summer! As we welcome and cherish the warm, sunny weather it finally seems as if a new normal is emerging. We find ourselves much freer than we have been for a long time and are able to do many things we sorely missed. Fortunately, we are now able to enjoy life to the maximum and cherish special moments with friends and loved ones.

So far, the summer weather has been exceptional with temperatures exceeding the normal for this time of year. With the heatwave comes problems, especially to health and wellbeing. We must take care of ourselves and others during these periods staying hydrated, drinking plenty of water, staying in the shade and applying sun cream to protect our skin if or when in the sun. We can also make ourselves look stylish by wearing hats and sunglasses! Here at Castle Bank, both staff and residents remained very cool and comfortable, using of our air purifiers and fans. The warm weather has also meant that our residents have been able to take the opportunity to enjoy our lovely garden and outdoor area, which we are so lucky to have whether it be watering the flowers or just relaxing with a cup of tea and a slice of cake!

Despite the relaxed tone, it is also wise to remember that the virus is still in circulation with new variants constantly transpiring, We therefore, do hope that you take care and stay alert while enjoying the summer. Whether you are taking a "staycation" staying at home or travelling to a more exotic destination we wish you a pleasant August and hope that you make memories that you will treasure.

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: Sales of British beef tumble as 'mad cow disease' sweeps across the UK.

Clue 2 SPORT: The Summer Olympics are held in Atlanta, USA and England hosts the European Football championships.

Clue 3: MUSIC: No. 1's include; Ooo, ah Just a little bit by Gina G, Three Lions by the Lightning Seeds and Don't Look back in Anger by Oasis.

Clue 4: FILM / TV: Changing Rooms launched on the BBC inspires people to re-decorate, meanwhile Toy Story and Independence Day are popular on the big screen!

Clue 5: TRIVIA: Take That announce they are splitting up, meanwhile a new all girl group called 'The Spice Girls' are formed.

*The year from the last edition was 1980!*



## 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 August

Summer is here and when the sun shines it is the perfect opportunity to get outside and try your hand at a new skill or pursuit. Looking ahead we have an exciting programme of events including;

- Baking afternoons each Tuesday afternoon. This month our focus is biscuits. Tuesday 4<sup>th</sup> August is 'International Cookie Day' so we will be making chocolate chip cookies.
- Craft and design. Wind chime making using sensory materials, bee and honey themed art activities for National Honeybee Awareness Day, milk carton elephants and yoghurt pot crabs!
- 18<sup>th</sup> August Puppet Seaside singalong show.
- Proverb quiz, reminiscing afternoons with music, singalongs and a music themed quiz.
- Sports including chair exercises, balloon volleyball and gentle exercises.

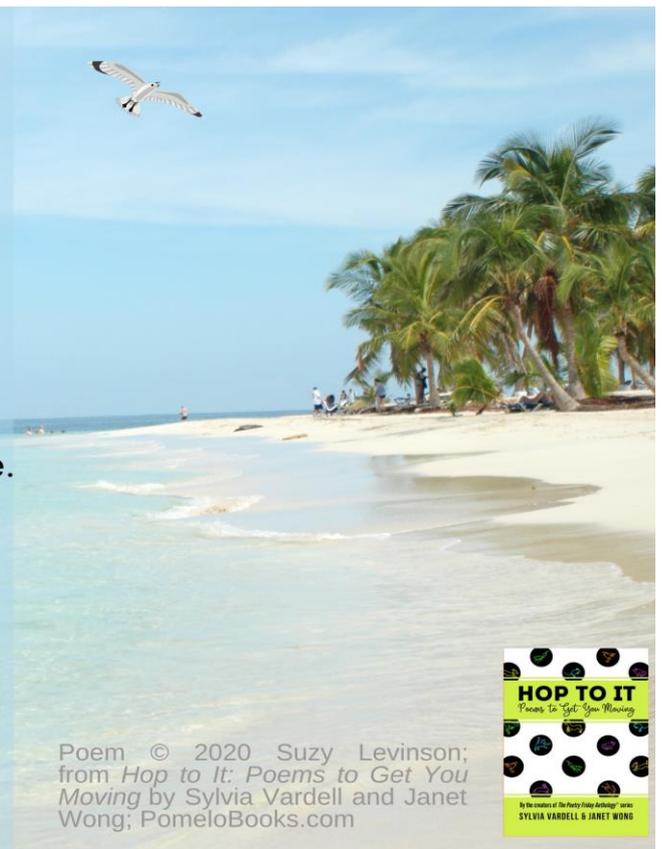


## Poetry Corner

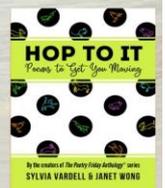
### On a Beach

by Suzy Levinson

Picture it: you're on a beach.  
Below you, sand. Above you, sky.  
Listen to the crashing waves.  
Listen to the seagulls cry.  
Palm trees whisper overhead,  
swaying in the gentle breeze.  
Sunlight hugs you, head to toe.  
Close your eyes, be still, and breathe.  
Take a breath, long and deep.  
Let it out, soft and slow.  
Feel your body growing heavy,  
sinking in the sand below.  
Focus on the sand and sun.  
Feel the salty ocean spray.  
As you inhale, as you exhale  
all your worries wash away.



Poem © 2020 Suzy Levinson;  
from *Hop to It: Poems to Get You  
Moving* by Sylvia Vardell and Janet  
Wong; [PomeloBooks.com](http://PomeloBooks.com)





We do hope that these Summertime jokes make you chuckle!

**Why did the dolphin cross the beach?**

A. To get to the other tide!

**What's black and white and red all over?**

A. A zebra with sunburn!

**Why do fish swim in saltwater?**

A. Because pepper would make them sneeze!

**Why does ice cream always get invited to the party?**

A. Because it's cool!

**Why did the elephants get thrown out of the pool?**

A. They kept dropping their trunks!



## August Birthdays

We would like to wish the following residents that are celebrating their birthdays in August a very happy birthday; Heather Emerson (3<sup>RD</sup>) and Margaret Kirk (31<sup>st</sup>).

