

Bethesda Eventide Times

February 2024

www.bethesdaeventidehomes.co.uk

Issue 43

Hello and welcome to our newsletter for February 2024!

The Home has been full of activities and visitors which has led to a very busy month!

We have enjoyed serving Haggis and sweet and sour chicken in the same week, as we celebrated Burns night and Chinese new year. We welcomed Jim who came to play the bagpipes for us. We also had Winnie the Pooh day where the lounge was transformed into 100 acre wood, which was very fitting as Ruby turned 100 on that day too!

We have plenty planned for February, please see the theme days to the right. You would be welcome to join us for any of these activities, and we hope to see you soon!

We hope you enjoy February's newsletter!

February Dates

February 5th

Feed the Birds Day

February 8th

Make your own Pizza

February 9th

Fitness with Luke

February 13th

Pancake Day

February 14th

Valentines Disco

February 23rd

Tennis Day

February 16th

Suffolk Wildlife Trust

From all at Bethesda Eventide Homes



Spa of Bethesda

Many of our residents (and some staff!) enjoy the spa sessions that our activities team put on over the month. Therapeutic smells fill the Home, and everyone enjoys a nice relaxing pamper from Yvonne, Hyrmete and the Team.





If you know of anyone who may like to receive our newsletter, please get in touch with the home so we can add them to our mailing list. Thank you!





Valentine's Day



F	E	B	R	U	H	E	R	Y	A	C	B	O	X	E
W	I	G	E	C	H	O	C	O	L	A	T	E	O	C
O	M	A	P	R	A	O	E	R	E	N	L	O	V	A
M	A	I	L	O	V	E	L	C	K	D	E	W	A	N
F	I	H	E	T	E	R	T	I	J	Y	S	E	L	Y
L	L	U	S	C	E	M	P	I	D	O	X	R	E	D
P	B	G	E	W	M	A	I	L	B	A	N	O	N	Y
A	O	X	S	F	E	B	R	U	A	R	Y	X	T	A
W	X	A	M	L	C	E	D	E	S	T	H	O	I	D
I	T	H	W	I	Y	U	T	I	P	E	P	I	N	K
N	C	A	R	D	D	O	P	H	O	L	H	O	E	O
G	O	H	D	W	A	G	E	I	E	M	M	U	B	V
S	C	H	O	C	O	I	T	E	D	A	T	H	G	E
A	R	R	O	W	G	F	L	O	W	E	R	S	I	S
S	T	A	R	W	A	T	U	H	E	A	R	T	E	H

- | | | |
|-----------|---------|------------|
| ARROW | FLOWERS | MAILBOX |
| CANDY | GIFT | PINK |
| CARD | HEART | POEM |
| CHOCOLATE | HOLIDAY | RED |
| CUPID | HUGS | SWEETHEART |
| FEBRUARY | LOVE | VALENTINE |



We have a Homes Facebook page! We will post regular updates regarding activities within the home etc. and we hope it will enable people to have further insight into the day to days occurrences at Bethesda Eventide. Please feel free to join the page and invite others also.

Out and About...

We continue to enjoy weekly trips out with Shirley in the car! If there is anywhere you would like to go with your loved one, please let us know. Shirley is available every Wednesday - if you cant decide where to go, she does a rather good mystery tour!





February fluctuates between having 28 and 29 days per year. The 29th day only occurs every 4 years during leap years.

The length of February was finalized when Julius Caesar remade the Roman calendar and assigned the month 28 days and 29 days. In 713 B.C., February was officially added to the Roman calendar.

If you were born in February, your birthstone is an amethyst and your flower is a primrose.

Over time, the length of February kept changing. At one point, it had as little as 23 days.

In the Northern Hemisphere, February is the third month of winter. Meanwhile in the Southern Hemisphere, February is the last month of summer. Between the North and South Hemispheres, February is the equivalent of August.

The name of February comes from the Latin word "februum" which means purification. It was named after a purification ritual which was like an early Roman spring cleaning festival.

In Welsh, February is sometimes known as "y mis bach" which means "little month."

The Saxons called February "Sol-monath" which means "cake month" because they would offer cakes to the gods during February.

Of all the words you can misspell, February is one of the most misspelled words in the English language. Even the White House has misprinted the word "February" before in a press release!

February is the only month where it's possible to go the entire time without having a full moon.

Carehome.co.uk is an excellent tool for supporting people in choosing a care home. If you would be willing to leave a review on this site, this would be most welcome.

Burns Night Celebrations

Once again we enjoyed the visit of Jim and Ian, who came to pipe in our Haggis and play a number of different tunes we all recognised. Ian led some singing and also addressed the Haggis. A lovely lunchtime was had by all - thank you



If you see a photo in our newsletter of a loved one and would like a copy of it, please get in touch with the home so we can provide you with the original.

Great Bethesda Bake Off

Many of our residents are seasoned cooks and bakers! What better way to show this than to make lots of snacks, cakes and pastries for us all to enjoy! This month we have been treated to pain-au-chocolat, apple turnovers, shortbread and more!





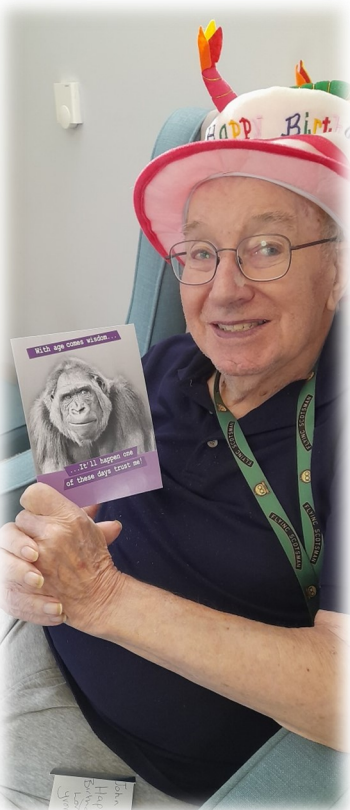


It is with great sadness that we include the news of the passing of Beryl Abram and Avis Betts since our last newsletter. Beryl passed away in December, and we apologise for not including this information in the previous newsletter. Both Beryl and Avis will both be very dearly missed by us all.

Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?" **John 11 v 25 & 26**

Happy Birthday!

We celebrated 4 birthdays in January - celebrating with Mary, Ruby, Ruby and John!
Ruby Flory celebrated her 100th birthday, with a very busy day with many visitors, presents and cards - including one from the King!



In January we have enjoyed celebrating John, Ruby, Ruby and Mary's birthdays with them.

In February we look forward to celebrating Joans birthday with her. We hope to be able to share photos of her celebrations in our next newsletter!



Bethesda Eventide Homes

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