

Bethesda Eventide Times

March 2024

www.bethesdaeventidehomes.co.uk

Issue 44

Hello and welcome to our newsletter for March 2024!

Its been a very busy month for the Homes, with lots of activities but also lots of maintenance!

You may have noticed we have had the ground floor corridor recarpeted, and will be having the first floor carpeted in the coming weeks, we are also upgrading our call bell system, so keep your ears out for a much nicer sounding bell soon!

We would like to draw your attention to our Easter Egg hunt taking place on Saturday 30th March, a poster and more details are inside!

We have plenty planned for March, 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 March's newsletter!

From all at Bethesda Eventide Homes

March Dates

March 10th
Mother's Day

March 12th
Plant a Flower Day

March 14th
Popcorn Lovers Day

March 15th
Kiddleydivey

March 18th
St Patricks Day

March 16th
Bumba with Sarah

March 25th
Waffledagen

March 30th
Easter Egg Hunt



Plane Spotting!

Boys and their toys had an aeronautical theme to it in February. Many paper aeroplanes were built, and John even made an Airfix Spitfire. A few of the ladies enjoyed “plane spotting” in the lounge and great fun was had by all - John in particular!



Out and About...

As the weather is improving we are supporting everyone to pop out for some fresh air, whether it's the garden or the park, many have enjoyed the slightly milder weather, and everyone is very much looking forward to spring!





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!





In old Roman calendars, one year used to be ten months long, starting in March and ending in December.

The “Ides of March” was a day in the Roman calendar equivalent to March 15th. It was considered a deadline for settling debts. It was also the day Julius Caesar was assassinated.

If you were born in March, your birth flower is a daffodil!

The first month of spring is March, which starts between the 19th and the 21st.

March is the equivalent of September in the Southern Hemisphere.

Every year, March and June finish on the same day of the week.

March is the time of year when animals start waking up from hibernation.

The name for March comes from Mars, the Roman god of war. It was named as such in both the Julian and Gregorian calendars.

The Vernal Equinox occurs around March 20 or 21st. This is when the sun is directly above the equator, making the day and night equal length.

The Anglo-Saxons called March “Hlyd monath” meaning “Stormy month” or “Hraed monath” meaning “Rugged month.”

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.



[carehome.co.uk](https://www.carehome.co.uk/carehome.cfm/searchazref/10001515BETZ) <https://www.carehome.co.uk/carehome.cfm/searchazref/10001515BETZ>

Pizza Making

A number of residents enjoyed making Pizzas to celebrate national pizza day!
They even made enough for staff to enjoy a pizza too - thank you ladies!



ST. PATRICK'S DAY

WORD SCRAMBLE

1. CRELENPAEUH _____
2. AIOWRNB _____
3. AHSMKCRO _____
4. HMRAC _____
5. ARDLIEN _____
6. GNERE _____
7. CYLKU _____
8. ODRNCE EBEF _____
9. TPO FO DLGO _____
10. ONDRITIATI _____
11. DAPARE _____
12. IGJ _____



ST PATRICK'S DAY

Word Search

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

- | | | |
|-------------|------------|-------------|
| CABBAGE | JIG | POT OF GOLD |
| CLOVER | LEPRECHAUN | RAINBOW |
| CORNER BEEF | LUCKY | SHAMROCK |
| GREEN | MARCH | ST PATRICK |
| IRELAND | PARADE | TRADITION |



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.

Armchair Exercises

Our activities team are always encouraging everyone to keep active. We have daily armchair exercise sessions, and then other active entertainment such as seated Zumba and Kiddleydivey. Yvonne also sets out challenges for staff - if you see anyone skipping in the lounge when you next visit, that is because Yvonne has challenged us all to complete 100 skips per day in March!





EASTER EGG HUNT



SATURDAY 30TH MARCH

**2:30 - 4:30 - EASTER EGG HUNT,
HOT CROSS BUNS, MAKE YOUR OWN
EASTER NESTS!**

4:30 - 17:30 - FISH AND CHIPS!



Bethesda
Eventide Homes



Valentines Day

Love was in the air on Valentines day, residents all received a little treat from the activities team, and we all enjoyed a lovely 3 course lunch from the kitchen. We then took part in a Valentines disco and were joined by Dilly's Daycare - we had a conga line with a 3 year old and 97 year old, which we are sure doesn't happen often!



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.



Tennis Day



Bird Feeders

We enjoyed a visit from the Suffolk wildlife trust, who helped us build some bird feeders for the garden. We also did a spot of birdwatching, and had a bird identification quiz - all was going well, until it was pointed out that we had got the answer sheet for the quiz completely wrong!!!



Four Legged Friends

We always enjoy it when people bring in their pets to show us! We have had several visit again in February. If you have a pet you would like to bring in to show us, please do feel free to do so! Thank you for all who already visit us, we really do enjoy these furry visitors!



New Age Kurling



In February we have enjoyed celebrating Joans 103rd birthday with her.

In March we look forward to celebrating Phyllis, Pat, Faith and Audrey's birthdays with them. We hope to be able to share photos of their celebrations in our next newsletter!



Bethesda Eventide Homes

Home Manager - Tom Horrex
Business Manager - Karen Bannister
Deputy Manager - Claire Cates

Bethesda Eventide Homes
59a Henley Road,
Ipswich
IP1 3SN

01473 211431

seniorteam@bethesdaeventidehomes.co.uk