

Bethesda Eventide Times

April 2025

www.bethesdaeventidehomes.co.uk

Issue 57

Hello and welcome to our newsletter for April 2025!

We apologise this issue is a little later than usual, we can blame the editor (Tom)!

Its been a very busy month for the Homes, with lots going on. We have begun to enjoy the warmer weather, with lots of time preparing our garden spaces and the continuation of our "gardening club". We were also able to enjoy these spaces for our Easter event, which we were pleased so many guests were able to join us for (pictures of that to come in the next newsletter!)

We continue to have plenty planned for April, 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 April's newsletter!

From all at Bethesda Eventide Homes

April Dates

April 4th

Day at the Races

April 5th

Easter Event & Quiz

April 8th

Seated Zumba

April 11th

National Pet Day

April 15th

Lillian Lace Singing

April 16th

Wear Your Pyjamas to
Work Day

April 29th

International Dance Day



Mother's Day

We enjoyed a lovely Mother's day, reminiscing about our mothers, and celebrating all of the Mother's within the Homes. The kitchen prepared a delicious duck roast, and a wonderful day was had by all!





We know April is the fourth month of the year, but that's only by the Gregorian calendar that we adhere to now. It was previously the fifth month in the earlier Julian calendar.

April also only had 29 days, but a 30th day was added when Julius Caesar established the Julian calendar.

No one is sure how the month ended up with its name, but we do know the Romans named it "Aprillis."

The etymology behind the word "April" comes from the verb "aperire," which means "to open." It's commonly believed that the word refers to the season of trees and flowers beginning to "open" or bloom.

Of course, one of the most well-known dates of April, is April Fools' Day on the 1st of the month. No one is sure where this originated from, but some believe it to be inspired by Geoffrey Chaucer's story in "Canterbury Tales" called "Nun's Priest's Tale."

On April 11, 1970, Apollo 13 was launched and ran into difficulties about two days later. It was then that the famous line "Houston, we've had a problem here" was said, and is today usually misquoted.

After a 1,500 year break, the first Olympics of the modern era took place on April 6, 1896, in Athens.



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.

Enjoying the Sun



Spring has certainly arrived at Eventide. The sun has been shining and the marquee has gone up. Whether it is garden games, woodwork, gardening or simply sunbathing—it has been lovely to see lots of our residents enjoying our garden areas.







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.

Chef's CORNER



We all enjoyed our St Patricks Day celebrations, particularly the treats that the kitchen prepared for us all! One of our favourites is the Chocolate Guinness Cake that June prepared for us! We are sure you would enjoy the opportunity to make it for yourself too!

June's Chocolate Guinness Cake

You will need:

100g Unsalted Butter
75g Dark Chocolate
200ml Guinness
200g Plain Flour
20g Cocoa Powder
1 tsp Baking Powder
2 Large Eggs
200g Golden Caster Sugar
3 tbsp Sour Cream
200g Icing Sugar



1. Melt the butter and chocolate in a dish, let it cool to room temperature.
2. Stir in the Guinness, don't worry if it splits or seizes, it will be fine!
3. In a separate bowl mix the flour, cocoa and baking powder until combined.
4. In a third bowl, beat the eggs and sugar for about 3 minutes until fluffy.
5. Combine the 3 mixtures and beat the mixture thoroughly.
6. Pour into your cake tin and bake at 180°C for 40 - 45 minutes.
7. Take the cake out, cool, and transfer to a wire rack.
8. Beat the sour cream and icing sugar until smooth, then stir in 2 tbs of Guinness. If it becomes too runny, add more icing sugar.
9. Spread on top of the cake and enjoy!



Armchair Exercises

We have an armchair exercise session every morning called “wake and shake.” On this occasion we were using “resistance bands” - as you can see, lots of happy faces enjoying this session led by Yvonne.





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!





*12th
June*

Beach Day

An advance date for your diary!

Join us on Thursday 12th of June for a trip to "The Hut" on Felixstowe Seafront, for a day at the seaside and a fish and chip lunch!

Further details to follow!



It is with great sadness that we include the news of the passing of Betty McQueen & Brenda Brown since our last newsletter, both will be very dearly missed.

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**

St Patrick's Day



Happy Birthday!

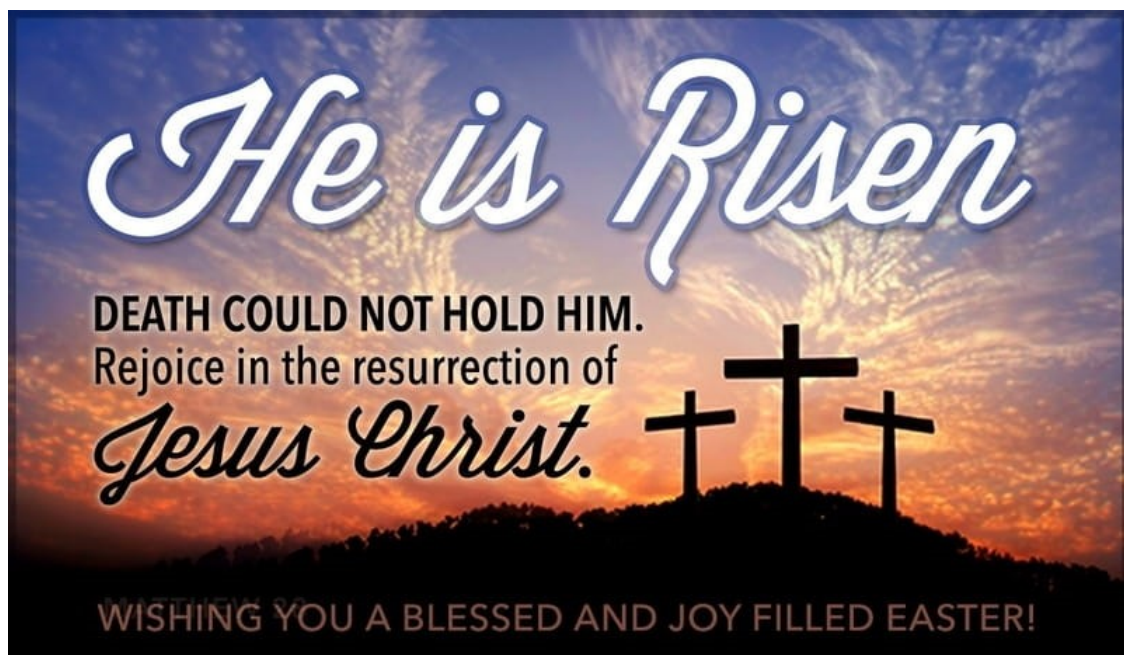
Its been a very busy month of birthdays— with too many pictures for the back page! Happy birthday to Phyllis, Pat, Faith, Ann and Diane!



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.

In March we enjoyed celebrating with Phyllis, Pat, Faith, Ann and Diane! birthdays. Happy Birthday all!

In April we look forward to celebrating with Beryl and Hazel! We look forward to sharing some birthday pictures again next month!



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