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| NEWSLETTER October 2022  Castle House Nursing Home Ltd.  We Care Enough To Make A Difference | |
|  | **IN THIS ISSUE**  **Editor’s Desk ..………… 2**  **Month in Review ………. 3**  **Upcoming Events …….. 5**  **October Calendar ……… 6**  **October Birthdays …….. 8**  **A Poem to Share .…….. 9**  **Noticeboard ……………. 10**  **Laughing Matters …….. 12**  **Spotlight ………………… 13**  **Word Scramble ………… 14** |



# Editor’s Desk

Hello Residents, Families and Friends!

Lots of people have asked if they missed the September newsletter, unfortunately it didn’t get completed due to several reasons, hopefully, this edition will make up for it.

We are enjoying autumn and the activities that usher the season into the home, we’re especially enjoying the colours, and we are looking forward to a virtual visit to an arboretum.

We are trying to get out for walks on dry days to take in the autumn colours and scents that fill the air

Keep Safe!   
Lou

**Quote of the Day**

Happiness is

a form of courage  
  
– Holbrook Jackson

**October Trivia**

October derives its name from octo, the Latin word meaning eight, as October was the eighth month of the old Roman calendar.

Zodiac signs: **Libra & Scorpio**Birthstone: **Opal & Tourmaline**  
Flower: **Calendula**



**Origami**

Folding autumnal coloured paper, we created leaves.

Exercising our fingers and putting our fine motor skills to the test. We are rather pleased with the results.



**Music and Movement**

We are all aware just how important it is to keep on moving, exercising to within our capabilities.

We exercise to all genres of music depending on how energetic we are feeling, from Beach Boys to Bach

**Hand Eye Coordination**

A round of target golf went down a storm, aiming the beanbag at the target to try and get a hole in one.

We surprised ourselves at just how good our hand eye coordination was.









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# Upcoming Events

**Celebration Tea**Friday 21st October 5.00pm, Dining Room

**Resident’s Meeting**  
Monday 24th October 11:00am, Lounge

**Armchair Travel**  
Wednesday 26th October 9:30am, Lounge

**Special Days**

1st Intl. Day of Older Persons

1st Intl. Music Day

1st Residents’ Rights Month

1st World Ballet Day

4th World Animal Day

4th World Space Week

5th World Teachers Day

10th Columbus Day

10th Thanksgiving (Canada)

25th Pablo Picasso’s Birthday

31st Halloween

**Multicultural Day**  
Thursday x of October, 2:00pm, Recreation Area

**Memorial**   
Sunday 6th November 4.00pm, Lounge

Regular Events

Faith Service every Monday 11.30am

Hairdresser every second Monday/Tuesday

Culture Club every Tuesday at 2pm

Bingo! Every Tuesday 2.30pm

Coffee and Conversation Friday 10.30am



# October Birthdays

In October, we celebrate birthdays with:

* Angela Romero
* Stephen Sullivan
* Jane Doe

Please join us in the recreation room on the first Sunday

in October to celebrate!

**Libra (Oct 23 - Oct 22)**

Librans are often considered the nicest and most charming personality in the world!

**Scorpio (Nov 23 – Nov 22)**

Competitive, passionate, independent, and unafraid to blaze their own trail no matter what others think.

Julie Andrews, Actor, 1st October 1935

Chevy Chase, Actor, 8th October 1943

John Lennon, Musician, 9th October 1940

Hugh Jackman, Actor, 12th October 1968

Margaret Thatcher, Prime Minister, 13th October 1925

Rita Hayworth, Actress, 17th October 1918

Joan Fontaine, Actress, 22nd October 1917

Pablo Picasso, Painter, 25th October 1881

Carrie Fisher, Actress, 21st October 1956

Bill Gates, Philanthropist, 28th October 1965



**October Spotlight: Transcontinental Telegraph**

On October 24 1861, the first transcontinental telegraph system was completed, making it possible to transmit messages rapidly (by mid-19th-century standards) from coast to coast.

# Poem to Share

**A Dream Within A Dream**

BY EDGAR ALLAN POE

Take this kiss upon the brow!

And, in parting from you now,

Thus much let me avow-

You are not wrong, who deem

That my days have been a dream;

Yet if hope has flown away

In a night, or in a day,

In a vision, or in none,

Is it therefore the less gone?

All that we see or seem

Is but a dream within a dream.

I stand amid the roar

Of a surf-tormented shore,

And I hold within my hand

Grains of the golden sand-

How few! yet how they creep

Through my fingers to the deep,

While I weep- while I weep!

O God! can I not grasp

Them with a tighter clasp?

O God! can I not save

One from the pitiless wave?

Is all that we see or seem

But a dream within a dream?.



**New Residents**

A very warm welcome to:

* **Mrs Shirley McDonald**
* **Mrs Helen Sullivan**
* **Mr Emmanuel Salvador**

We hope that you enjoy your time here!

**Continuous Improvement**

Residents, families and friends are reminded that there are a number of avenues available for you to express your views, suggestions and complaints.

There are feedback forms available outside the Recreation Room. We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

# Noticeboard

**New Staff**

A warm welcome also foes to the people who joined our team in the past few month!

* **Nola Neradi**
* **Sharmilla Gooda**
* **David Smith**

We hope that you enjoy your time here!

**Can you Contribute?**

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception, or email us anytime.

Thank you!

**In Memoriam**

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

* **Mrs Alfie Campo**
* **Mr Sam Regali**
* **Mr Ron Lain**



# Noticeboard

**LIBRARY SERVICE**

We have a mobile library service that delivers & picks up library books to resident’s rooms. If you would like this service, please talk to a staff member.

**THANK YOU**

We would like to issue a heart felt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

**Hairdresser**

We have a hairdressser who attends every Monday. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

**Lorem Ipsum**

Lorem ipsum dolor sit amet, consectetuer adipiscing elit. Maecenas porttitor congue massa. Fusce posuere, magna sed pulvinar ultricies, purus lectus malesuada.

**Cultural Celebration**

In the month of August we celebrate Indian Independence Day. Watch your calendar for related activities in the recreation room.

**Lorem Ipsum**

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Eiusmod tempor incididunt ut labore et dolore magna aliqua.



# Laughing Matters

**Backseat Driving**

A wife was making a breakfast of fried eggs for her husband.

Suddenly, her husband burst into the kitchen. 'Careful,' he said, 'CAREFUL! Put in some more butter! OH MY GOSH! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. OH MY GOSH! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them! You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!'

The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?'

The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'

**Police Radar**

A state policeman pulls over a speeding car.

"I was only going 40!" the driver protests.

"Not according to my radar." says the policeman.

"Yes I was!" the man shouts back.

"No you weren't." the policeman says.

With that the man's wife leans towards the window and says:

"Officer, I should warn you not to argue with my husband when he's been drinking".

**Famous Quotes**

Instead of getting married again, I'm going to find a woman I don't like and just give her a house. - *Rod Stewart*   
  
I was married by a judge. I should have asked for a jury. -- *Groucho Marx*



# Spotlight

**Augustus Romero**

Write a short bio about a resident or staff member here, including a pic.



