

NEWSLETTER

December 2023



Castle House Nursing Home Ltd.

We Care Enough to Make a Difference



tidings of comfort and joy

happy
holidays

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Editor's Desk

Hello Residents, Families and Friends!

Can you believe we are entering the hustle and bustle of the Christmas season? It seems like it was just yesterday when we were welcoming 2023 and now it is time to say hello to 2024. Time does fly when you are having fun!

The home has been beautifully decorated by our little elves, and we welcome you all to visit and enjoy the Castle House Christmas spirit. Wrap up warm and take a walk around the gardens as the nights draw in and enjoy our twinkling Christmas lights. You may catch a glimpse of Castle House from outer space!

We hope that you will be able to enjoy our Christmas Party on the ninth; invites have been sent via email. It is set to be a fantastic day. We will also have our usual activity programs running throughout the month if you need a break from the twinkle lights and sugar cookies (although lots of activities are still Christmas themed).

Here's to another busy December full of all the good things.

Love

Lou and Kerry x

December Quiz

Babies born the last month of the year are more likely to live the longest!

Zodiac signs: **Sagittarius & Capricorn**

Birthstone: **Turquoise**

Flower: **Holly**



Quote of the Day

Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful.
– Norman Vincent Peale

What We've Been Up To...

Remembrance

We shall remember them...

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved,
and now we lie In Flanders fields.*



Poetry Club – Wells Cathedral

Poetry Club braved the chilly weather and managed to organise a remarkably interesting trip out with a guided tour around the stunning Wells Cathedral. They enjoyed a delicious lunch and a thoroughly enjoyable day.

Exercises Takeover Time!

Our very own Jo O decided that she would like to host the daily exercise class that we hold every day in the Garden Room! Looks like she's having a great time joining in and she did a wonderful job getting all the residents working hard! Thank you, Jo O!



November in Review



November in Review



Upcoming Events

Snow Drop Society

Thursday 7th of December 11:30am, Lounge

Residents Christmas Party

Saturday 9th of December 11am – 4pm

Carols with Keinton School

Wednesday 13 of December 1:30pm in the Dining Room

Musical Entertainment – ‘The Charlton’s’

Thursday 14th of December 2:30pm in the Dining Room

Christmas Day

Monday 25th of December

Boxing Day

Tuesday 26th of December

Resident’s Meeting

Thursday 28th of December 11:00am, Lounge



Special Days in December

5th	Volunteer Day
6th	St. Nicholas Day
7th	Hanukkah Begins
18th	Paul Klee’s Birthday
25th	Christmas Day
26th	Boxing Day
26 th	Kwanzaa
31st	New Year’s Eve

Regular Events

Daily Exercises at 10:00am in the Garden Room

Morning Worship every Monday at 11:30am

Knit and Natter Mondays and Friday from 2:30pm

Bingo! Every other Saturday 2:30pm

Armchair Travel every Wednesday at 11.30am in the Lounge

Book Club every Wednesday at 2:30pm in the Garden Room

December Birthdays

In December, we celebrate birthdays with:

- **Flora 2nd**
- **Bridget 30th**

Please join us in the recreation room on the first Sunday in December to celebrate!



Can you finish these Christmas carol lyrics?

Oh, the weather outside is _____!
Since we've no place to go, let it _____.
With a corncob pipe and a button _____.
Dashing through the snow, in a _____.
I saw Mommy kissing _____.
The holly and the ivy, when they are both _____.
City sidewalks, busy sidewalks, dressed in _____.
Chestnuts roasting on _____.
Up on the rooftop reindeer _____.

Sagittarius (Nov 23 - Dec 21)

Sagittarians are artistic, loyal, sophisticated, independent, and kind!

Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, disciplined and have good managers

WOW!

What is your favorite holiday movie?

There's nothing like grabbing your favorite snacks, settling in under a cozy blanket, and turning on your favorite Christmas Film. According to Entertainment Weekly, the most favorite Christmas Film is *It's a Wonderful Life*, followed by *A Christmas Story*, and *A Charlie Brown Christmas*.

Let's Reminisce

Christmas Baking and Cooking

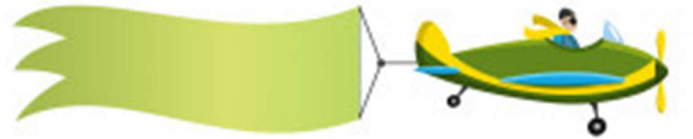
If you close your eyes and think about your favorite holiday moments, there's a good chance that at least a few of those moments take place in the kitchen. Whether you spent your childhood stirring batter in your grandmother's kitchen, decorating cookies with your own children on a messy table, or dusting off family recipes in your own kitchen, you likely think of the holidays when you smell cinnamon and nutmeg, when you roll out sugar cookie dough, or when you peel potatoes for pancakes.

Here are some reminiscing prompts that can get you thinking about those times in the kitchen or around the dinner table. Use these prompts to journal your memories, to start conversations with friends at your lunch table, or to share memories with your loved ones during their next visit. Turn this exercise into a sensory experience by smelling some common holiday spices like nutmeg, cinnamon, and clove.

Families, these are excellent questions to ask your senior loved ones – you just might learn something new about them and their memories!

- Tell me about your favorite holiday food or treat. Describe how it smelled and tasted. What made it so delicious?
- Who was usually in the kitchen baking and cooking during the holiday gatherings? Describe them. What did they wear? What did they smell like? What was their personality like?
- Describe your family table. Were there place settings, flowers, a tablecloth? Who sat at the kids table? Was the table loud and celebratory or quiet and solemn?
- How many holiday foods can you list? Don't forget to add your favorites to the list, including cookies, cakes, and main dishes.
- Did you ever mess up a holiday recipe? Tell me the story.

Noticeboard



NEW RESIDENTS

A very warm welcome to:

Joan and Barbara

We hope that you enjoy your time here!

NEW STAFF

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

Manu

Sneha

Neil

We hope that you enjoy your time here!

CHRISTMAS POEM

I made myself a snowball,
As perfect as could be,
I thought I'd keep it as a pet,
And let it sleep with me.
I made it some pajamas,
And a pillow for its head,
Then last night it ran away,
But first - it wet the bed!

ABOUT KEINTON MANDEVILLE

Keinton Mandeville is a village in the Southeast of Somerset. It lies midway between the market towns of Somerton to the West, and Castle Cary to the East.

The origins date back to the Roman times, and Keinton grew both because of the local "Blue Lias" stone and being situated on the coach route from London to the South West.

The Church of St. Mary Magdalene dates from the 13th century and the rapid growth of the population in the mid 19th century led to the building of the Methodist Church in 1843.

Today the village has a population of around 1,000 people. Keinton Mandeville Primary School, located near the centre of the village, achieves some of the highest academic standards in the area.

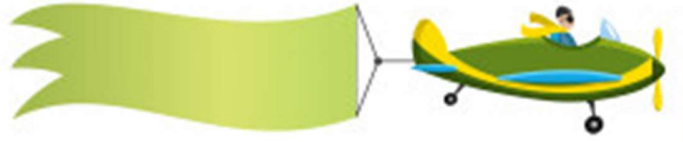
The village hall, built-in 1998, is in almost constant use with bookings for adult education classes, pilates classes, short mat bowling, sea scouts, brownies, a daily Doctor's surgery to mention just a few. We are having our staff Christmas party here this year.

Noticeboard

CHRISTMAS BINGO

20th December is our Christmas Bingo Day, we have super prizes!

Families welcome to join the fun too,
eyes down at 2pm



We would like to thank our wonderful volunteers for supporting us throughout 2023.

Richard 'The Voice' – Book Club

Caroline and Julie – Knit and **Natter**

Hilary – Befriender ❤️

Simon & Kate – History & Poetry wonders

Caroline – Award winning Gardening Club



we appreciate every single minute of your precious time spent with us.

HAIRDRESSER

We have a hairdresser Mandy who attends every other Monday and Tuesday. Mandy's next visit is scheduled for 11th and 12th December. If you would like an appointment please talk to reception or ask a staff member to write your name down in the hairdressers book.

HOLIDAY MATH

If you multiply the number of partridges in a pear tree with the number of Santa's reindeer, including Rudolph, what number do you get?

RAFFLE

Thank you to everyone who has generously brought in a donation for our Christmas raffle on the 9th December. We have some amazing prizes to be won. This year all money raised will go to The Eve Appeal. See you on the 9th.

Laughing Matters



I carry a stone with me to throw at anyone who sings Christmas carols before Thanksgiving.

It's my Jingle Bell rock.

What's a dog's favorite Christmas carol?

Bark the Herald Angels Sing.

Why should you take a ladder with you when you go Christmas caroling?

So you can reach the high notes.

What is a skunk's favorite Christmas carol?

Jingle Smells.

A copy of A Christmas Carol fell on my toe...

It hurts like the Dickens!

Spotlight



Rey Laconsay

Hi, I'm Rey short for Reynaldo.

I've worked at Castle House for approximately 7 years. I come from the Philippines. I am married to MJ who also works at Castle House as Clinical Lead.

I like to play guitar in the church and sing Christian songs.

I much prefer the summer weather. I don't like the cold at all.

My motto is 'be humble'

p.s. Rey put up all our beautiful twinkling lights....in the cold! Thank you Rey



CHRISTMAS

Word Scramble

LELBS _____ ISENTPIOTA _____

CLEAND _____ GIGABRNDEER _____

TEWHAR _____ SCRALO _____

EDINERER _____ GOSTINCK _____

ESOKOCI _____ GNGEGO _____

GLISEH _____ TENESSRP _____

SOTTLEMIE _____ LEGAN _____

STRANEMON _____ CREDEMBE _____

WOMANNS _____ DANCY ENCA _____

SLITEN _____ SATNA CSLAU _____

GSGENTIER _____ RSNIBOB _____

YMFAL PSUPRE _____ LAGRAN _____