

Bethesda Eventide Times

February 2025

www.bethesdaeventidehomes.co.uk

Issue 55

Hello and welcome to our newsletter for February 2025!

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 within a week, as we celebrated Burns night and Chinese new year. We welcomed Alex who came to play the bagpipes for us and Ian who shared some poetry and singing with us!

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!

From all at Bethesda Eventide Homes

February Dates

February 3rd
Feed the Birds Day

February 10th
National Pizza Day

February 11th
Seated Zumba

February 12th
Pip Duffy Singing

February 14th
Valentines Day
Fitness with Luke

February 20th
Love Your Pet Day

February 24th
National Tennis Day

February 28th
Fitness with Luke



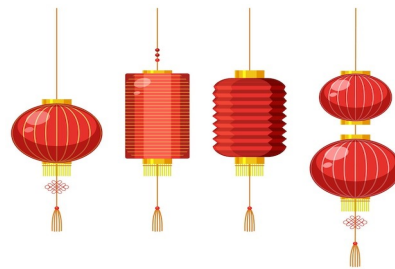
Karaoke Afternoon



We had a very “tuneful” afternoon, when Andrew kindly hosted a Karaoke afternoon for us! It was lovely to see so many staff and residents enjoying the afternoon together - it was slightly surreal to walk through the lounge to see Deirdre singing Madonna! It was a really lovely fun afternoon - a huge thank you to everyone who took part!



Chinese New Year





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.

Burns Night Celebrations

Once again we enjoyed the visit of Alex 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! We then enjoyed creating our own tartan in the afternoon, before a visit from Gunni for a Kiddleydivey session - a very busy Scottish themed day!



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.





*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!

Bethesda Bake Off

We have enjoyed lots of baking this month. From Cupcakes to shortbread, pancakes to cookies and everything in between - there have been lots of delicious homemade snacks to share around!







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.

Keeping Active

Whether its parachute games, Kurling, golf, bowls or table tennis - there is always lots going on to keep us active. We have daily armchair exercises, and lots more!







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 January we enjoyed celebrating John and Ruby's birthdays. Happy Birthday John and Ruby!

In February we look forward to celebrating with Hilary and Shirley and look forward to sharing some birthday pictures again next month!



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