

April 2019 Newsletter

Gosberton House Care Home



Here we are in the fourth month of the year. This month some of us will be celebrating Easter. On the build up to this date being the 21st April this year we have Lent. Some people I've heard have given up chocolate, some sugar and one I heard say that she had given up coca cola which is her favourite drink! For me this Lent I decided that I was going to do something rather different. I decided after sitting in my warm snug lounge with a fluffy blanket spread over me with my cat sat on my lap that I was going to fill a holdall bag of thirty nine things of my personal possessions that I take for granted and deliver it to my local church on the last day of Lent (so that it can be distributed to those less fortunate than myself).

Firstly, I got the holdall out of my cupboard that I probably have not used for around three years. So far, I have put in it a bottle of shower gel, shampoo, talcum powder, a small bottle of perfume, 2 new pairs of socks, a new t-shirt (that I had bought and never worn), a small box of tea bags, sachets of coffee, a toilet roll, deodorant, a lip stick, a packet of rice, a bag of pasta and a photograph frame. I'm sure that there will be somebody not very far away from where I live that will make great use of these items that I take for granted, why?.....because I'm very fortunate to have these things, a warm home, a hot drink when I wish, clean clothes, a snug bed every night, a great loving family and friends, colleagues too.



Lent, in the Christian church, a period of penitential preparation for Easter. In Western churches it begins on Ash Wednesday, six and a half weeks before Easter, and provides for a 40-day fast (Sundays are excluded), in imitation of Jesus Christ's fasting in the wilderness before he began his public ministry

What is the meaning of Lent?

Lent is the period of 40 days which comes before Easter in the Christian calendar. Beginning on **Ash Wednesday**, Lent is a season of reflection and preparation before the celebrations of Easter. By observing the 40 days of Lent, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days

When did the tradition of Lent begin?

The Christian holy day marks the beginning of Lent, a 40-day season of fasting that is considered preparation for Holy Week and the celebration of **Easter**. Although there is no Biblical reference to Ash **Wednesday** or Lent, scholars of Christianity date the tradition of a 40-day fasting period back to **325 A.D.**

Why is it called Lent ?

Lent (Latin: Quadragesima: Fortieth) is a solemn religious observance in the Christian liturgical calendar that begins on Ash Wednesday and ends approximately six weeks later, before Easter Sunday. ... Some Anabaptist and evangelical churches also observe the **Lenten** season.

Why do we give up something for Lent?

In **Lent**, many Christians commit to fasting, as well as **giving up** certain luxuries in order to replicate the sacrifice of Jesus Christ's journey into the desert for 40 days. ... The Stations of the Cross, a devotional commemoration of Christ's carrying the Cross and of his execution, are often observed.

Why do we fast during Lent?

Beginning on Ash Wednesday, **Lent** is a season of reflection and preparation before the celebrations of Easter. By observing the 40 days of **Lent**, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days. **Lent** is marked by **fasting**, both from food and festivities



This time of year, for me personally is one of my favourites. The snowdrops are now bowing their heads, the daffodils are plentiful of fabulous bright heads in gardens and fields around us dancing in the awful winds that we have had this past month. As I mentioned last month the blossom is looking glorious. This week I have noticed magnificent magnolia trees in bloom and the catkins on the trees. The oak and chestnut trees around us in our garden at Gosberton House are showing signs of new life and colour.

As we talk of new life this time of year brings beautiful lambs with springs in their feet, little fluffy chicks and many new babies for our wildlife around us. The crows have been very busy around us here building their robust nests high in the trees ready for their chicks arriving. Out the back of our home I have



noticed a wren and many blue tits busily collecting little pieces presumably for their nests close by. I shall keep by eyes peeled and hopefully be able to capture a few pictures of these new lives to share with you in Mays Newsletter.

We are so blessed to have such beautiful surroundings, I'm sure you will agree.



Ahhhhh.....
That's just hit the right spot !!!!!

What's Occurring in April ??



Good Friday is April 19th
Easter Sunday is April 21st
Easter Monday is April 22nd



Church Flower Festival is from
Saturday 27th April until Monday 6th May 2019
We will endeavour to take all of you who wish to
go and see all the wonderful flower displays

Your next Saturday afternoon



will take place on Saturday April 27th
Free to residents and just £2 entry for visitors
Lovely prizes to be won with tea and cake after
Come join the fun, all welcome – starts at 1.30 pm

Police Officer Pulls Over 5 Old Ladies



Sitting on the side of the road waiting to catch speeding drivers a car pottering along at 22 MPH.

He thinks to himself “This driver is just as dangerous as a speeder “! So, he turns on his lights and pulls the driver over.

Approaching the car, he notices that there are five old ladies, two in the front seat and three in the back, wide eyed and white as ghosts.

The driver, obviously confused, says to him, “Officer, I don’t understand, I was doing exactly the speed limit” “What seems to be the problem?”

“Madam”, the officer replies, “You were not speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers”.

“Slower than the speed limit? No sir, I was doing the speed limit exactly twenty-two miles and hour”! the old woman says a bit proudly.

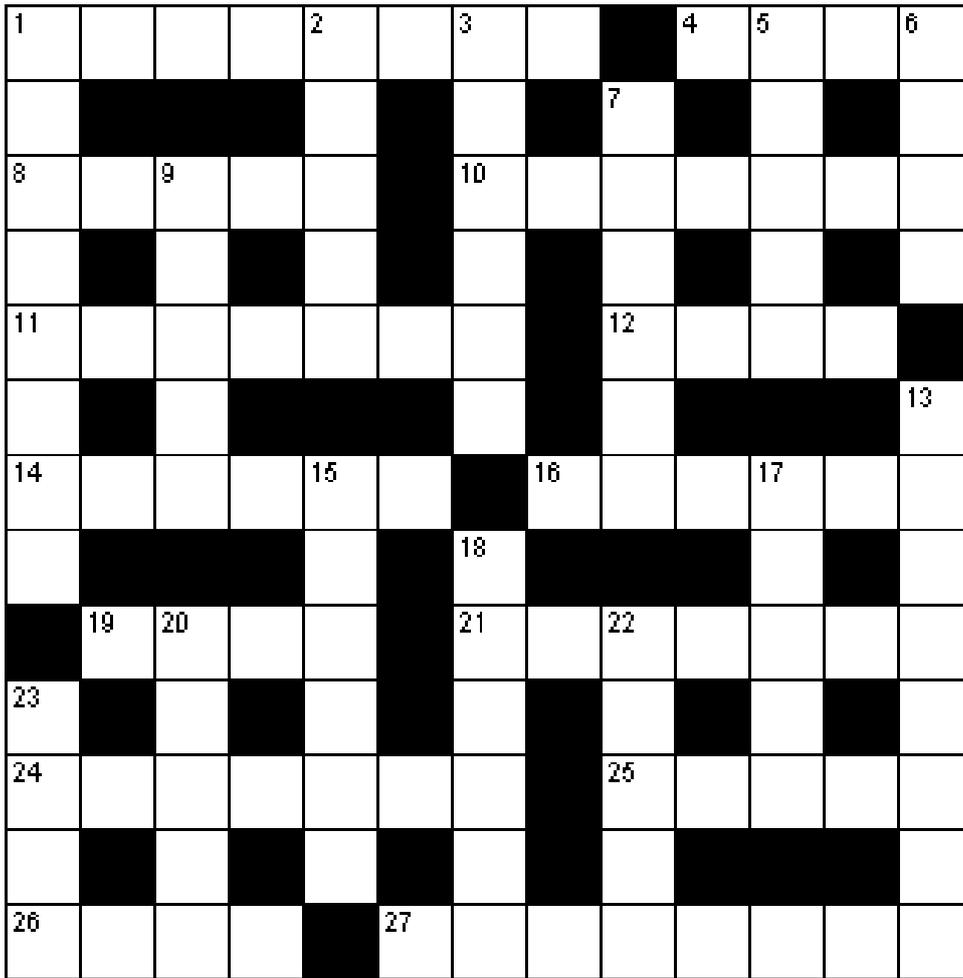
The Police Officer, trying to contain a chuckle explains to the that “22” was the road number, not the speed limit.

A bit embarrassed, the woman grinned and thanked the officer for pointing out her error.

“But before I let you go Madam, I have to ask....is everyone in this car OK? These women seem awfully shaken and they haven’t muttered a single word this whole time”, the officer asks.

“Oh, they will be alright in a minute officer. We just got off road number 119”.

Puzzle Pages



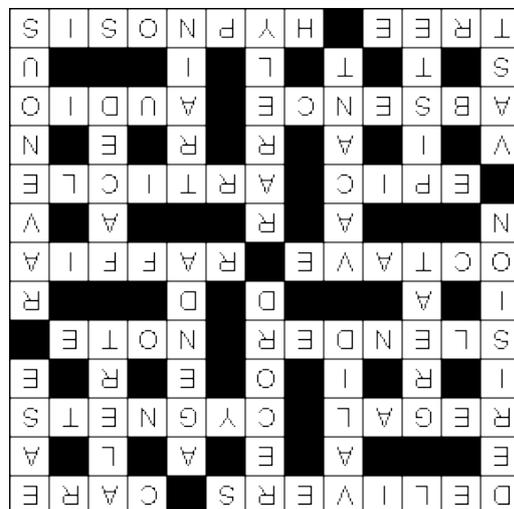
Across

- 1. Consigns (8)
- 4. Upkeep (4)
- 8. Majestic (5)
- 10. Young swans (7)
- 11. Svelte (7)
- 12. Short letter (4)
- 14. Musical interval of eight tones (6)
- 16. Plant fibre (6)
- 19. Long narrative poem (4)
- 21. Kind of nonfictional prose (7)
- 24. Nonattendance (7)
- 25. Sound (5)
- 26. Large woody plant (4)
- 27. Mental state induced by suggestion (8)

Down

- 1. Ridicule (8)
- 2. Still legally acceptable (5)
- 3. An extreme attainment (6)
- 5. Alarm (5)
- 6. Facilitate (4)
- 7. Order of business (6)
- 9. Outstanding (5)
- 13. Famished (8)
- 15. Empty (6)
- 17. Confronted (5)
- 18. Seldom (6)
- 20. Ski run (5)
- 22. Public transport (5)
- 23. Immense (4)

Solution:



DIGI-SEARCH

Find the hidden numbers - They may be horizontal or vertical

2	3	8	4	7	5	0	8	9	8	3	7	4	1	0	
2	8	5	4	2	9	8	3	5	9	2	2	7	9	3	
0	6	9	8	2	9	3	8	5	7	4	5	5	9	4	03730, 04687,
1	2	1	8	1	6	9	1	0	9	8	7	6	4	3	10987, 18833,
2	3	3	9	1	0	8	3	7	4	9	2	0	1	5	20121, 28392,
1	0	3	7	3	0	4	8	8	3	8	2	9	8	9	44543, 50898,
4	7	8	3	9	2	0	8	7	3	9	5	2	8	3	57225, 64537,
5	7	8	8	7	9	4	7	0	5	8	4	7	3	0	65345, 79074,
5	8	2	3	9	5	6	4	5	3	7	8	6	3	8	88973, 93327,
1	9	1	0	8	9	8	7	9	3	9	5	4	8	6	94024, 95486.
0	4	8	5	7	3	7	8	2	4	6	5	8	8	5	
0	0	9	6	8	3	8	3	8	5	7	3	6	2	3	
7	2	8	3	9	2	9	8	3	7	4	3	2	9	4	
8	4	8	9	4	7	9	8	4	4	5	4	3	4	5	
7	8	7	9	0	7	4	3	8	2	2	4	7	3	1	

MUSICAL INSTRUMENTS

Can you work out the names of musical instruments from the following anagrams? Word lengths are shown in brackets.

RING LATE (8)

COCOA RIND (9)

ROAM CHINA (9)

PORCH RADISH (11)

NIL TRACE (8)

NICER CANTO (10)

MILAN DON (8)

GROAN (5)

NO AXE SHOP (9)

TUBA IN ROME (10)

TENOR MOB (8)

Solution:

TROMBONE
 TAMBOURINE
 SAXOPHONE
 ORGAN
 MANDOLIN
 CONCERTINA
 CLARINET
 HARPSICHOARD
 HARMONICA
 ACCORDION
 TRIANGLE

We Need Your Feedback !!!

We hope that there is something for everyone in Activities and that you all enjoy it.

So that we get the right mix of activities, puzzles, baking, word games, etc

we would very much appreciate you telling us what you like to do.

We therefore ask that you complete the following by placing a ring round the appropriate yes/no, and additionally informing us of anything you would like to see included in activities

Are you aware of activities being available? Yes / No

Are you aware what activities are taking place? Yes / No

Are you always invited to attend activities? Yes / No

Do you like the variety of current activities? Yes / No

Would you like activities at a weekend? Yes / No

Are there any activities which you would like to participate in but we currently do not do ? Yes / No

Do you have any suggestions for activities?

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If you need assistance to complete this form please do ask a Carer, someone from Activities your friends or relatives to help you. Anita, Pam or Sandra will collect this form from you when they deliver the next newsletter.

Thank you for your feedback, it is greatly appreciated and hopefully we can ensure that Activities really does have something for everyone to enjoy.