

Brook House Newsletter

February 2016



Little darlin'
I feel that ice
is slowly
melting

Little darlin'
It feels like
years since
it's been clear!

Here comes
the sun....



First Signs of Spring!

'Here Comes
the Sun'
By The
Beatles



February is the month that taught me about optimism. About hope. The Earth may be hard and frost-bitten for the time being, but it hasn't stopped our determined little snowdrops from pushing their way through and showing us that spring is well and truly on its way! Sometimes winter seems never-ending in February. But it's the month that reminds me that it really is darkest before the dawn.





Almost Spring
- By Marilyn Lott



"As winter turns the corner
and spring is on the way
I wait with mounting happiness
to see what comes today.

I also love the cold days
with frost upon the sill
but something special happens
once winter's had its fill.

The crocus buds are swollen
the daffodils sprout so tall
something special happens
as spring-time makes its call.

So get ready for the changes
that happen none too soon
when spring-time rounds that corner
and flowers start to bloom!"





Shrove Tuesday!



If you're fed up with your New-Year diet, then you'll be pleased to know that Pancake Day is just around the corner! Whether you toss them, flip them or just slide them around, it's nearly time to whip out the frying pan and indulge in the centuries-old tradition of pancake-eating.

Pancake Day- which falls on February 9th this year- is the day before Lent; the period of fasting and prayer that precedes Easter. The tradition of eating pancakes on Shrove Tuesday began as a way to use up ingredients including butter, milk and eggs that were not supposed to be eaten and would spoil during the period of Lent. Pancakes, particularly thin and buttery crepes, were a great way to clear the cupboards in one



easy and indulgent dish. Feeling hungry yet?



St. Valentine's Day

Is it more important to love... or to be loved?

Most of us would agree with George Eliot's words, "I like not only to be loved, but also to be TOLD I am loved!"

Valentine's Day is one of those occasions when you can experience both! Brook House will be marking the most romantic calendar event of the year with lovey-dovey arts and crafts on Thursday 11th February, courtesy of The Fourth Age Team, and we'll be getting starry-eyed with story-telling on Friday 12th February with Nikki!

I hope you all have a great day this February 14th, but remember that Valentine's Day isn't just for couples; nor is it about fancy dinners and dozens of roses. Valentine's Day is the



perfect opportunity to let your friends and family know how much they mean to you...



Don't be shy; I'm sure they'd love to hear it!



The Brook House Open Day

On Saturday 5th March, we will be throwing open our doors to visitors from the wider community!

You are welcome to come along and join us between the hours of 4pm and 7pm if you wish to tour our brand-new luxury rooms and extensions, meet our lovely residents and chat with our friendly staff.

Whether you've visited us before or not, we would love to see you! All ages are welcome; refreshments will be provided!



Brook House Birthdays!

Who's Celebrating?

**Wendy (Theresa) Bull-
Care Assistant- February
2nd**

**Kenneth Payne- Resident-
February 13th**

**Peter Knott- Resident-
February 18th**

**Many happy returns, you
lovely people!**



Star-Sign of the Month: **Aquarius/Pisces**

If your birthday happens to fall between January 20th and February 18th your Zodiac Star Sign is Aquarius. If your birthday is between February 19th and March 20th, however, your star sign is Pisces.

Aquarius Traits: Often described as a trendsetter and humanitarian. Quick-thinking, outgoing, eccentric, loyal.

Pisces Traits: Sensitive, mysterious, talented, resilient, often torn between pathways in life.

