



Join us as we celebrate **BEER WEEK**

MONDAY 10th JUNE

11.00am Alive & Active Exercises

Afternoon – Beer Card Bingo played with a small beer on the side

TUESDAY 11th JUNE

Morning – Jigsaw Club, Fresh Air & Manicures

Afternoon – Elbows out and dabbers at the ready, it's Bingo time

WEDNESDAY 12th JUNE

Morning – Exercises with a Difference

Afternoon – Rivals battle it out with the Brookfields quiz

THURSDAY 13th JUNE

Morning – Fresh Air & Manicures

Afternoon – Relax after lunch and come along to our reminiscing chat and coffee session

FRIDAY 14th JUNE

11.00am Alive & Active Exercises

Afternoon – Beer tasting, sampling beers from around the globe

SATURDAY 15th JUNE

Afternoon – Play Your Cards Right
Higher or lower, what will you choose?

SUNDAY 16th JUNE

Afternoon – As we celebrated national Beer Day yesterday and tasted some beer on Friday, why not have a go at our Beer Quiz

BROOKFIELDS

Private Nursing Home





Beer facts, did you know...?

The earliest known building on the site of Downing Street was a brewery.

In Medieval times, beer was safer to drink than water.

Henry VIII employed two brewers, one for beer, one for ale. Between them they reputedly produced a dizzying 13,000 pints each and every day.

In 1814 London suffered a Great Beer Flood. Just over two centuries ago, a giant vat of porter exploded at the former Horse Shoe Brewery on Tottenham Court Road and over a million litres flooded the cobbled streets. It drowned eight people in what was then a densely packed slum.

Medieval masons often used ale instead of water in the mortar that built many of the churches and abbeys that stand to this day.

Brick Lane was once home to the largest brewery in the world, once churning out nigh-on 40,000 barrels of delicious foamy goodness every day.

Builders of the 'Great Pyramid' were paid in beer.

Water makes up 90% of beer. Beer is made from life's greatest source, and the quality of water used can have a significant impact on the beer.

You'll often hear certain beers described as having or mimicking a regional style, such as an 'Irish stout' or a 'German lager'.

This description is not only a reflection of how it's made but also how the beer takes on the characters of the local water.

The world's most alcoholic beer has an abv of 67.5%. It's called Snake Venom, brewed by none other than the Scots.

Happy Birthday to you!

Marylène 10th JUNE • Margaret 14th JUNE