



WEEKLY BULLETIN

MONDAY 11th MARCH

11.00am Alive & Active Exercises

Afternoon – Movie Afternoon

TUESDAY 12th MARCH

Morning – Jigsaw Club, fresh air & manicures

Afternoon – Come on down for Bingo time

WEDNESDAY 13th MARCH

11.00am Exercises with a Difference

Afternoon – After a tie break last week,
the tension is rising in the quiz

THURSDAY 14th MARCH

Morning – Fresh Air & Manicures

Afternoon – Laughter & fun with our competitive
Games afternoon

FRIDAY 15th MARCH

11.00am Alive & Active Exercises

Afternoon – Arms at the ready, it's Parachute exercise fun time
Brainstorm handed out

SATURDAY 16th MARCH

Afternoon – Play Your Cards Right

SUNDAY 17th MARCH

St. Patrick's Day

Afternoon – Do you have the luck of the Irish?
See how you get on with this week's Irish quiz

BROOKFIELDS

Private Nursing Home



Saint Patrick was a fifth-century Romano-British Christian missionary and bishop in Ireland. Known as the 'Apostle of Ireland', he is the primary Patron Saint of Ireland. As we celebrate St Patrick's Day on 17th March, here are a few facts about St Patrick that you may not know.....

He wasn't actually Irish

It may seem difficult to believe that the Patron Saint of Ireland was not Irish, but it's true. St. Patrick was actually born in Britain to a Romanised family.

He didn't set foot in Ireland until he was 16 years old.

He was kidnapped and brought to Ireland as a slave

When he was 16, Patrick was captured by slave traders in Britain. He was shipped across to Ireland to work on a farm with cattle, which he did for around 6 years. In one of his written works, he claims that he deserved to be kidnapped for his lack of faith in God at the time.

He wrote that he owed his time in Ireland to his faith later in life, which is why he felt compelled to return to Ireland many years later to repay for his blessing.

Green was not the colour he actually wore

Contrary to popular belief, the colour St. Patrick wore was not green, but blue.

There were no snakes in Ireland for him to banish

According to one legend about St. Patrick, one day he stood on top of a hill and banished all snakes from Ireland, commanding them to slither into the sea. In reality, archaeologists have found no evidence of snakes or reptiles of any kind having ever been native to Ireland.

In the time of the Ice Age, it would have been too cold to accommodate them, then the surrounding water has kept them away ever since.

He might have popularised the shamrock

Another legend suggests that St. Patrick is the reason for the symbology of the shamrock in Ireland and now across the world for St. Patrick's Day. It's said he used the shamrock as a symbol for the Holy Trinity, with the three leaves representing the Father, the Son and the Holy Spirit.

No one is quite sure where he's buried

There are several locations in Ireland that claim to be the burial site of St. Patrick.

Most historians and religious figures agree that he is most likely buried at Down Cathedral with other saints, such as Columba and Brigid. Despite this, there isn't enough evidence to be sure, and there are a few different locations that others argue are St. Patrick's true resting place.

Happy Birthday to you!

Beki is 40! 12th MARCH • Libby 16th MARCH