



WEEKLY BULLETIN



MONDAY 26th FEBRUARY

11.00am Alive & Active Exercises

Afternoon – Fairytale Movie Afternoon



TUESDAY 27th FEBRUARY

Morning – Jigsaw Club, fresh air & manicures

Afternoon – Get those elbows out & your dabbers ready for Bingo



WEDNESDAY 28th FEBRUARY

11.00am Exercises with a Difference

Afternoon – The last quiz of the month and it is odds even, come down and play for your team



THURSDAY 29th FEBRUARY

Leap Year!

Morning – Fresh Air & Manicures

Afternoon – Laughter & fun with our competitive games afternoon



FRIDAY 1st MARCH

St David's Day

11.00am Alive & Active Exercises

Afternoon craft activity – Daffodil art!



SATURDAY 2nd MARCH

Afternoon – Play Your Cards Right



SUNDAY 3rd MARCH

Afternoon – we only have them every 4 years but what do you know about a leap year?

Why not test your knowledge with our quiz.



BROOKFIELDS

Private Nursing Home

As we celebrate St David's Day on 1st March, here are some interesting facts about Wales.



There are more castles per square mile than any other European country.

Roald Dahl was born in Wales in Llandaff.

The Wales Coast Path is one of a kind. No other country in the world has a walkable path around the entirety of its coastline.

Over 20% of the population speak Welsh.

Wales is one of 10 countries with a dragon flag.

Elizabeth II's favourite dogs came from Wales.
The Welsh word cor-ci means dwarf dog in the local tongue.

When you hear 'Blue Lagoon' you probably think of Iceland. However, Wales has an incredible Blue Lagoon in Pembrokeshire. This striking swimming hole was once a quarry that joined with the ocean when the quarry was blasted in.

The national Welsh emblem is a leek but due to a mix up between the word daffodil which is similar in the Welsh language, both plants are now used as an emblem for Wales.

Wales is home to a pod of over 300 dolphins meaning Wales has the biggest bottlenose pod in Europe. You can see them on a boat cruise of Cardigan Bay.

The English alphabet has 26 letters while the Welsh alphabet has 29. Welsh has extra eight letters in the form of 'double letters' (such as ch and dd), however it doesn't have the English letters k, q, v, x or z.

Portmeirion in North Wales is an unusual place styled on an Italian village. The colourful buildings and domed roofs were styled by Welsh architect Bertram Clough Williams-Ellis in the 1920s.