

WEEKLY BULLETIN

MONDAY 6TH FEBRUARY

9.30am – Fire Alarm Test

11.15am – Alive & Active Exercises

Afternoon – Trip to the Deep Blue Ocean

TUESDAY 7TH FEBRUARY

Morning – Manicures

11.00am – Holy Communion with The Revd Rachael Brooks

Afternoon – Bingo

WEDNESDAY 8TH FEBRUARY

11.15am – Alive & Active Exercises

Afternoon – Quiztime

THURSDAY 9TH FEBRUARY

Morning – Manicures

Afternoon – Classical Music Yoga

FRIDAY 10TH FEBRUARY

11.15am – Alive & Active Exercises

Afternoon – Origami

SATURDAY 11TH FEBRUARY

Afternoon – Activity of Residents Choice

SUNDAY 12TH FEBRUARY

Afternoon – Valentine Craft



BROOKFIELDS

Private Nursing Home





As Monday 6th February is 'National have Ice Cream for Breakfast Day' we thought we would share some ice-cream facts with you:

1. The people of Scotland & Northern Ireland eat more ice cream on average than those in England & Wales.
2. On average, each person in the UK eats 9 litres of ice cream every year; sounds a lot but the Scandinavians eat more with the Americans topping the chart at 20 litres per year!
3. Surveys have shown that men are more likely to choose ice cream as a dessert than women.
4. Ice Cream Sundaes were created when it became illegal to sell ice cream with flavoured soda on a Sunday in the American town of Evanston during the late 19th century. Some traders got round it by serving it with syrup instead, calling it an 'Ice Cream Sunday' and eventually replacing the final 'y' with an 'e' to avoid upsetting religious leaders.
5. Most ice cream contains more milk protein weight for weight than is present in milk itself.
6. Today most ice creams contain only around 5% fat and plenty of calcium, minerals & vitamins.
7. While many people are only aware of a handful of ice cream companies there are over 1,000 in the U.K. producing hundreds of flavours. Despite this fact, vanilla remains the favourite, being chosen nine times out of ten.
8. Today, more & more ice creams have savoury flavours including Smoked Bacon & Egg, Black Pepper, Chilli and even Black Pudding with plenty made using beer such as Newcastle Brown! The Japanese also have horse meat and the Koreans Green Tea ... lovely!
9. If you only take a few scoops from a large tub of ice cream, protect the quality of the ice cream by preventing air getting to it by scrunching up a few pieces of greaseproof paper and put these on top of the ice cream before replacing the lid.
10. Ice crystals in ice cream show that it has been badly kept i.e. it has been allowed to thaw and then been refrozen. If you detect ice crystals you should throw the ice cream away and buy more.

DON'T FORGET IT'S SHERRY TIME AT 3.00 O'CLOCK EVERY DAY!