

Brook House Newsletter



I hope everyone's been enjoying the hot weather and getting there daily dose of vitamin D.

Many people will be planning there summer holidays as we speak, where was your favourite place to go on holiday?

Tropical Spanish island or maybe Devon or Cornwall, everyone needs time to rewind and re-energize from daily stresses and a change of scenery is always refreshing!

Many people's sun holidays have been cancelled this year because of coronavirus with many airlines and holiday destinations shutting down. So holidaying in the UK is going to be a very popular choice for many people when the 'country re-opens'.

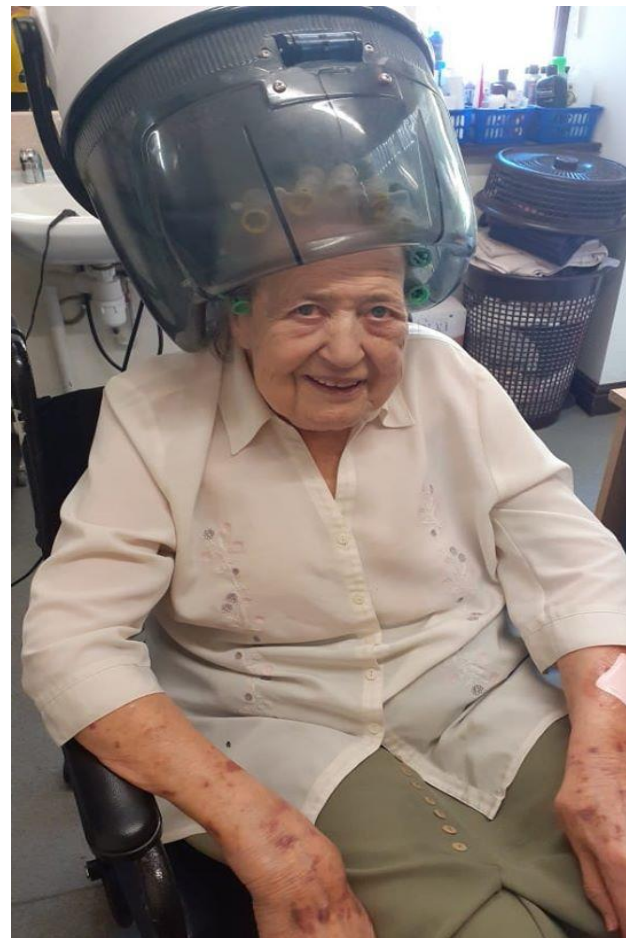
Reflections

Please see all our pictures and see what we've been up too this month, we are still trying really hard to keep everyone busy and entertained. We have regular activities within the home and always try and encourage everyone to join in as much as possible. Fortunately the weather has been on our side so we have been out as much as possible and we are also starting to hold a few events outside in the garden (Socially – distanced). As you can see from our pictures we had Chris the pianist do a show for us in the garden.

We also had our VE day party which was a great success and enjoyed by everyone!



Sam Farrington Alison Maas Kerry Clarke



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Colour In.....



June Recipe

Three-cheese pinwheel bakes



Ingredients

- 1 x 325g sheet all-butter puff pastry
- 150g (5oz) fresh tomato and basil pasta sauce
- 3 slices wafer thin ham, torn
- 1 x 250g ball mozzarella, drained and torn into bite size pieces
- 50g (2oz) mature Cheddar, grated
- 2 sundried tomatoes, chopped
- fresh basil leaves
- 1 egg, beaten
- 15g (1/2 oz) parmesan, finely grated

Method

1. Preheat the oven to 200°C, fan 180°C, gas 6. Unroll the pastry sheet onto a baking sheet lined with non-stick baking paper and spread evenly with the tomato sauce, leaving a 1cm border. Scatter with the ham, cheeses, sundried tomatoes and basil. Kids will really enjoy doing this.
2. Taking one of the short ends, roll up the pastry as tightly as possible. Chill in for 20 minutes or until firm to the touch.
3. Cut the roll into 12 equal slices and place on 2 baking sheets, well spaced apart. Brush the tops with beaten egg and scatter over the parmesan. Bake for 15-20 minutes, or until puffed up and golden. Leave to cool for 5 minutes before serving.

Junes Juice

The topic of the month is hydration.

It is extremely important to drink plenty of fluids in the hotter months. Whether it be water, juice or hot drinks.

Dehydration in the heat will make you feel nauseous and sick.

Benefits of keeping hydrated

- Improved brain function.
- Promotes skin health.
- Regulates body temperature.
- Keeps bowels functioning well.
- Helps to cushion joints/vital organs.

Drinking fluids throughout the day will make you feel well overall, give you more energy and prevent headaches. So sip it up!





'Avin a Laugh'



Gary LeVox of Rascal Flatt's Favorite Joke

John is out with his friends and stops by his grandmother's house for a visit. There's a bowl of peanuts on the coffee table, and John and his friends start snacking on them. When they're ready to leave, his friends say, "Nice to meet you, ma'am, and thank you for the peanuts." Grandma says, "You're welcome. Ever since I lost my dentures, all I can do is suck the chocolate off of them."

Leaving a Light On

An elderly man visits the doctor for a checkup. "Mr. Smith, you're in great shape," says the doctor afterward. "How do you do it?"

"Well," says Mr. Smith, "I don't drink, I don't smoke, and the good Lord looks out for me. For weeks now, every time I go to the bathroom in the middle of the night, he turns the light on for me."

Concerned, the doctor finds Mrs. Smith in the waiting room and tells her what her husband said.

"I don't think that's anything to worry about," she says. "And on the bright side, it does explain who's been peeing in the fridge."



Resident of the Month



Lucy Sparrow

Lucy was born at home in Northampton on the 2nd January 1938 to Victor and Violet.

After Lucy left school she went to work in retail selling shoes, after working there she went on to do various other jobs.

Lucy married her husband Bryan on July 15th at Abbington Avenue Congregational church, she wore a short white dress and Freesias for her bouquet.

Lucy didn't have any children. Her husband's relatives lived in Canada so she holidayed there quite a lot, also going to Norfolk and the surrounding area.

Lucy loved her cat Mickey who she had as a child.



Summer Word Search

S F L I P F L O P S I S L E P
 S U N S C R E E N A N U O S I
 A U N G U E S T H D O N V W C
 B N E G J O C E A N F S S I N
 A P O O L J U R Y S U H O M I
 R U G U S A T A E U N I H S C
 B M G C R E S A M A S N I U S
 E E N U F O N S U M M E R I P
 C M A A S T O H E T H I N T R
 U V A C A T I O N S R H L A I
 E R O B I L K R X J O I O U N
 I I N S E F I T S F U N P T K
 C A R E L A X S U L Y L O L L
 E J U N E A C F A M I L Y S E
 I C E P O P A H O T S R E L R



AUGUST
 BARBECUE
 BEACH
 FAMILY
 FLIP FLOPS
 FUN
 HOT
 ICE CREAM

ICE POP
 JULY
 JUNE
 OCEAN
 PICNIC
 POOL
 RELAX
 SHORTS

SPRINKLER
 SUMMER
 SUNGLASSES
 SUNSCREEN
 SUNSHINE
 SWIMSUIT
 VACATION



CRAYONSANDCRAVINGS.COM



Birthday Celebration



Jean Rothwell 11th June


**KEEP
CALM
EVERYONE
ITS MY
BIRTHDAY !**

QuotesIdeas.com



Horoscopes



Gemini May 21st – June 20th

Gemini Personality: 7 Key Gemini Traits. The Gemini personality is very fun, but, like every sign, Geminis have weaknesses. Their strengths are that they're adaptable, outgoing, and intelligent—there's never a dull moment with a Gemini.

Cancer June 21st – July 22nd

The personality of this Crustacean is difficult to describe. Defensive at apparently illogical times, Cancer is still one of the most loving, open Zodiac signs. The innate 'Crabby' tendency at unpredictable moments only adds to the fun. Cancer is a receptive and highly sensitive sign, capable of huge empathy.