

The Willows Whisper



Welcome into the summer!

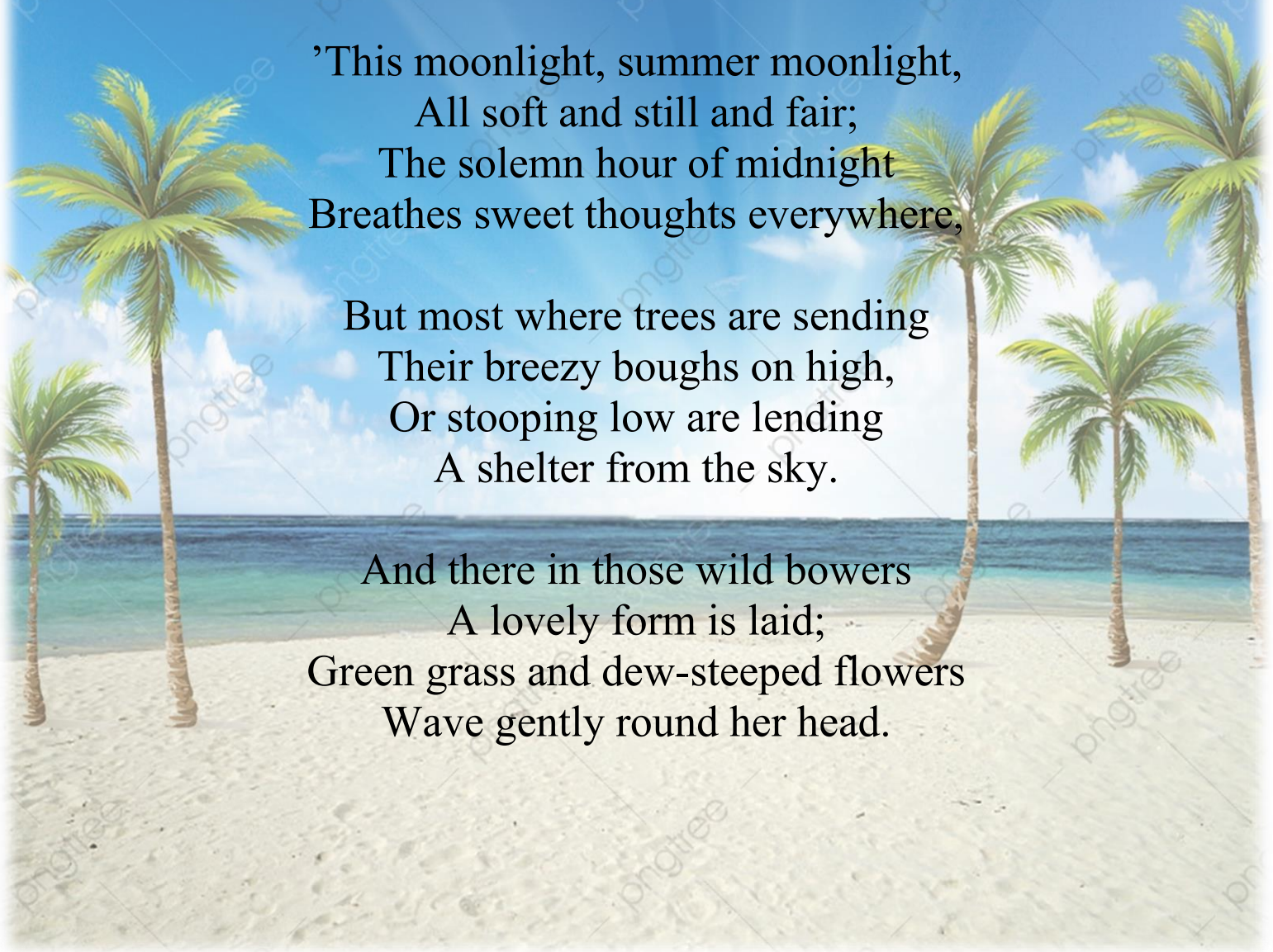
Moonlight, Summer Moonlight

Poem by Emily Jane Brontë

'This moonlight, summer moonlight,
All soft and still and fair;
The solemn hour of midnight
Breathes sweet thoughts everywhere,

But most where trees are sending
Their breezy boughs on high,
Or stooping low are lending
A shelter from the sky.

And there in those wild bowers
A lovely form is laid;
Green grass and dew-steeped flowers
Wave gently round her head.





SUMMER

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

SANDCASTLE
 SUMMER
 BOATING
 PICNIC
 SWELTERING
 FLOWERS
 VACATION
 BEACH
 SWIM
 DIVING
 ICE CREAM
 WATERPARK

Superfoods for Seniors

Summertime brings a fantastic variety of freshly grown produce from our fields and vegetable patches. In this article you'll find about all the benefits and goodness that comes from having our five a day!

Some like bananas on toast, others like them in banoffee pie. Almost everyone loves strawberries and cream! Fruit and vegetables; we love them or hate them!

At the Willows we encourage our residents to eat well. Fresh fruit are always available in our kitchen. Our chefs are happy to prepare lovely fruit or vegetable salads for everyone. We also have a juicer and fresh fruit drinks or smoothies will be available for anyone, or we can make them together as a healthy activity. In the article below there are few interesting facts regarding benefits from eating some of our everyday fruit and veggie



- **Blueberries:** Packed with vitamins C and K. Regular consumption has been linked to maintenance of brain functionality. Its manganese levels help regulate metabolism, while the fiber lowers cholesterol and, in turn, maintains blood sugar.
- **Apples:** Are a significant source of soluble fiber (daily consumption is said to reduce “bad” cholesterol by 40%), but they’re also rich in potassium and vitamin C, both of which benefit blood pressure.
- **Cherries:** Did you know that cherries get their red color from an antioxidant known as anthocyanin? Not only does it provide the small fruit with a vibrant color, it gives it some significant inflammation-reducing power. Cherries can also help regulate sleep cycles because of their melatonin richness.
- **Grapes:** In addition to their abundance of resveratrol, a powerful antioxidant that helps promote heart health, studies have shown that the seed extract in grapes can potentially slow the development of Alzheimer’s disease.
- **Asparagus:** High in lycopene, which reduces the risk of prostate cancer, asparagus also helps the immune system with its plentiful supply of vitamin A. Additionally, its fiber contains prebiotics that promote healthy gut bacteria.
- **Broccoli:** It’s almost become a cliché, but broccoli could very well be considered a miracle food. With plentiful fiber, vitamins A, C, B9, and K, just about every aspect of your body is directly benefited. New research suggests that broccoli may also help aid in reducing the risk of certain cancers. What’s more, many of its nutrients (zeaxanthin, beta-carotene, and phosphorus) protect the eyes from macular degeneration and cataracts.
- **Kale:** Often considered a close relative of broccoli, kale does just about everything, from protecting arteries to reducing cholesterol. And whether it’s prepared raw or cooked, these leafy greens are an excellent source of iron and fiber. Kale also contains powerful antioxidants that can help protect the body from chronic diseases.
- **Butternut Squash:** Loaded with beta-carotene (essential for eye health) and vitamin C, this vegetable is a vital asset, especially when it comes to controlling blood pressure. And because of its high fiber, butternut squash is great for maintaining blood sugar and lowering cholesterol.

SUMMER

holidays

Match the words to the correct pictures and complete the crossword. Then find a secret message.



13



5



9



16



2



7



12



1



15



10



21



11



3



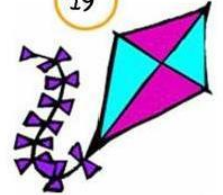
8



14



6



19



18

- ball
- beach bag
- bucket
- Camping
- Crab
- deckchair
- flippers
- inflatable ring
- kite
- lifeguard
- sandCastle
- shells
- snorkelling
- starfish
- sunbathing
- sun Cream
- sunglasses
- sunshade
- swimming
- surfing
- towel

The secret message is _____

SUMMER ACTIVITIES THAT WE ALL ENJOYED!







Follow us on social media (Instagram and Facebook)
to see more of our activities