

# ASHDALE TELEGRAPH



MONTHLY NEWSLETTER

FEBRUARY 2017

A NEWSLETTER FOR THE RESIDENTS OF ASHDALE, THEIR RELATIVES AND FRIENDS

Issue 8



'Love is in the air'....

It is the second month of the New Year and Valentine's Day is already around the corner!

## St. Valentine

Saint Valentine was a Roman priest who would marry young couples in secret against the wishes of Emperor Claudius II.

When his kind deeds were discovered, he was beheaded on February 14<sup>th</sup> as punishment.



## St. Dwywen's Day

Here in Wales we actually have our own Saint Valentine.

St. Dwywen was a Welsh Princess who lived in what is known as the Brecon Beacons.

She fell in love with a local boy, but the King disapproved as he had arranged her to wed a prince.

Distraught, Dwywen ran off into the woods where she began to pray. An angel visited her and gave her a potion to forget the boy, as well as turning him to ice.

God then granted her three wishes.

Her first wish, for the boy to be thawed.

Her second, that god helps all true lovers.

And finally, her third.

That she may never marry.

After this, Dwywen devoted her life to becoming a Nun and prayed that others would be much luckier in finding true love than she was.



## Quality Circle

This month's quality circle will be held on Saturday 4<sup>th</sup> February in the Activities lounge. We would love to hear your suggestions and opinions for Ashdale.

All welcome to join.

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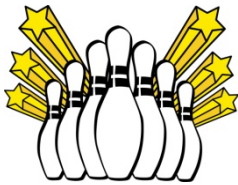
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## Skittles Practice

Monday 13<sup>th</sup>  
February morning  
there will be a game  
of Skittles in the  
activities room. All  
welcome to join in  
and have a go!



## PANCAKE DAY!

It's that time of year  
again, the day we  
have all been waiting  
for....PANCAKE  
DAY! What do you  
like to put on your  
pancakes? Lemon  
juice and sugar?  
Chocolate and

strawberries? Or  
plain?

Monday 28<sup>th</sup>  
February residents  
will be enjoying some  
yummy pancakes!



## Making Daffodil's

St. David's day is  
almost around the  
corner and in  
preparation for it we  
are going to be  
making giant  
Daffodils! What good  
fun!



## Communion

Communion will be  
held on Wednesday  
February 8<sup>th</sup> in the  
Activities lounge at  
10.30 am.

## Valentine's Day

In celebration of  
Valentine's Day, our  
lovely activities ladies  
and residents will be  
looking at love  
poems. Why don't  
you have a go at  
writing your very  
own love poem?



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## February Birthdays

We would like to wish the following residents Happy Birthday:

**Sheila Morris**

**Marj Hall**

**Colin Wilson**

**Marion McLean**

**Hazel Moon**

**Pam McCanch**

We would also like to wish the following staff Happy Birthday too:

**Katie Perry**

**Val Hague**

**Andrea Price**

**Donna Garland**

**Toni James**

**Susan Mills**



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## Happy Valentine's Day!

- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



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

Chicken Scratch NY

**Thanks for reading our 'Ashdale Telegraph'**

**We would love to hear your feedback regarding the Ashdale Telegraph or any stories you would like added.**

**Please speak to Ruth or Brittany or email [admin@ashdalecare.co.uk](mailto:admin@ashdalecare.co.uk).**