



Let's Celebrate!

We love to celebrate birthdays in Castleross, and over the last few months we have had many. Birthday wishes to all of you!!

Special Milestone Birthday Wishes and Congratulations to one of our Care Managers Claire, and also to our Receptionist Laura; and also to May and Bernard in Lisdoonan House, Nuala in Creevy House, and Kathleen and Alice in Killanny House.

Congratulations also to Arlene and her husband on the birth of their baby son.

All-Ireland!

In preparation for the Men's All-Ireland Football Final that took place on Saturday evening 11th of Sept between Mayo and Tyrone, we made some bunting to decorate our living spaces; with a good balance of Mayo and Tyrone colours of course!! Drinks and refreshments were served on the day of the big final!



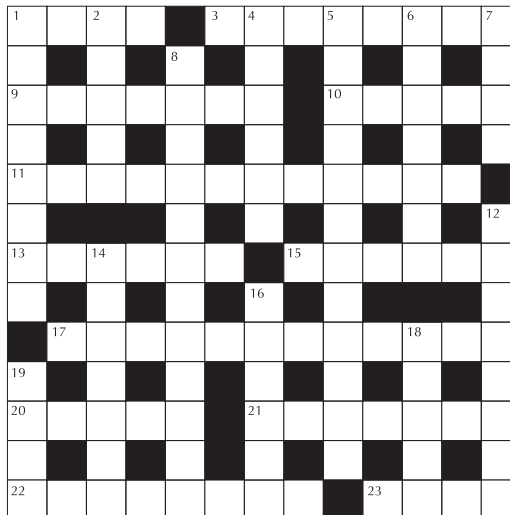
CastleCross Word!

ACROSS

- 1 Branch of the armed services (4)
- 3 Boating (8)
- 9 Apprehensive (7)
- 10 Dreadful (5)
- 11 Very exciting (12)
- 13 Observing (6)
- 15 Official population count (6)
- 17 Clearly evident (12)
- 20 Female horses (5)
- 21 Eg: Edam and Cheddar (7)
- 22 Recently married person (5,3)
- 23 Rats (anag) (4)

DOWN

- 1 Gibberish (8)
- 2 Vigour and spirit (5)
- 4 Attack (6)
- 5 Feeling depressed (5,7)
- 6 Young children (7)
- 7 Comes together; coheres (4)
- 8 Endlessly (12)
- 12 Appraiser; valuer (8)
- 14 Raise a ... ; show surprise (7)
- 16 The spirit or soul (6)
- 18 Lies back lazily in the sun (5)
- 19 Portent (4)



Across 1.Navy 3.Yachting 9.Nervous 10.Awful 11.Electrifying 13.Seeing 15.Census 17.Demonstrable 20.Mares 22.Newly wed 23.Tar
Down 1.Nonsense 2.Verve 4.Arsal 5.Heavy hearted 6.Infants 7.Cats 8.Continuously 12.Assessor 14.Eyebrow 16.Psychic 18.Baskets 19.Omen

If you know someone looking for Nursing Home Care please call us on 042 9692630

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Special Combination

by Brian H. Gent

Mother Nature's lit her candles
On the chestnut tree.
They sparkle in the noonday sun.
A lovely sight to see.
Those little flower clusters,
Pretty, fresh and new
Greet the brand new morning
With their alabaster hue.
And when, at last, they ripen
And turn to chocolate brown,
Their spiky shells will open
And start to tumble down.
But nature has just one more trick
Well hidden up her sleeve
Which every little schoolboy
Is most happy to perceive.
What better combination
Could make a young heart sing,
Than a pocket full of conkers
And a little ball of string.



A Welcome Harvest



Standing proud inside the front door of Castleross is our Scarecrow.

He is by no means scary though, quite the opposite, as he stands to invite family and friends to our homes. Even our little homemade birds find him adorable as they perch themselves around him, picking at his straw for their nests!!

This display and its colourful scattering of leaves was painted and put together by the people who live in our homes, as a reminder of all the wonderful things that the Autumn season has to offer.

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The Heart of the Home

The kitchen is the heart of many homes, and ours have certainly been full of activity. With harvest fruits in season we made apple tarts. We carefully made pastry by hand, and filled each with diced Bramleys; with tips and tricks to be shared by all. Baking is such a sensory activity with touch, smell, sight and taste, not forgetting about all the chat and fun we do have into the bargain!!



Summer Festival of Music

Our Summer Music Festival began safely outdoors on Sunday 1st of August as we welcomed back 'Festival in a Van' with haunting melodies and music by traditional Irish folk group 'Landlass' and also some recitations both in English and also ás Gaeilge by local poet Caitriona Ni Chleirchin. Both acts left us all spellbound, and we were all engaged from the very start. It was quite a unique experience and a very special start to our Sunday.

Then on Tuesday 3rd of August we were lucky to have old favourites Paddy Boyle and Padraig Reilly sing for us.

It was a wonderful afternoon, with many up dancing, and singing. Two of the men living here, Padraig and Malachy also got up and took the mike, with renditions of 'Galway Bay' and 'Jerusalem'. The weather stayed dry thankfully for many of us to be able to come outside to enjoy these musical occasions. We look forward in time to welcoming more musicians back to Castleross.



Jam Making

In early September we gathered blackberries and Bramley cooking apples to make jam. Jam making had been discussed during some of our reminiscence sessions, with many having made jam of some flavour, at some time in their lives. We made 3 pots of lovely rich coloured apple and blackberry jam for all our afternoon's work, with a little left in the pot for a taste test! It was a special trip down Memory Lane for many of us!!



We enjoyed the jam on some scones for breakfast the next morning. Simply delicious!



BBQ Summer Fun



We made the most of the beautiful warm weather in July, spending time outdoors under the shade of our gazebos, sunhats and suncream. We had our 'BIG BBQs' on 14th and 16th of July. The afternoons were fantastic, with great-tasting food and plenty of cold drinks and ice-creams to keep us all hydrated.



We enjoyed a variety of music and sing-song, with a little dancing from some! We had a visit from Brian and Pat, who gave us a few tunes on the guitar and accordion also. It was a special opportunity for us all to chat and meet outdoors, with the delicious aroma of beef burgers, sausages and chicken skewers filtering through the fresh air, giving us all a great appetite. These BBQs were a massive team effort from everyone, making the afternoons a wonderful success, and an enjoyable, safe and happy experience for everyone.

