



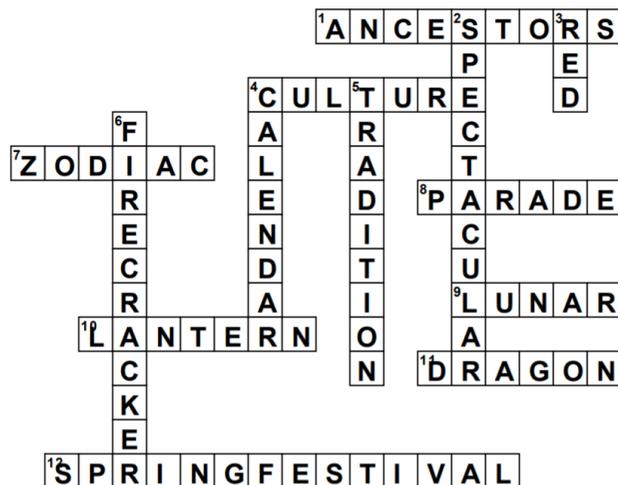
THE MEMORY CAFÉ NEWS

February 2022

Welcome to Memory Café news!

9	5	6 + 3 = 9	1	8	7	5	7
2	2	9	0	1	5 + 1 = 6	2	9
8	6 + 2 = 8	2	4	6	2	1	5
8	4	6	5 + 1 = 6	8	4	3	4
3	3	6	2	4	4 + 3 = 7	7	5
9	6 + 3 = 9	7	9	2	4	1	4
9	6	5	5	5	8	8	8 + 1 = 9
3	3	3	8	5 + 1 = 6	6	7	6
8	9	3	8	2	6	6 + 2 = 8	9
6	6 + 3 = 9	3	4	1	9	9	1

Chinese New Year



Q: Can you name all 12 animals in the Chinese zodiac?

A: The 12 animals are rat, ox, tiger, rabbit, dragon, snake, horse, sheep (ram/goat), monkey, rooster, dog, and pig.

This monthly Memory Café news sheet is to keep you up to date with all that is happening in the month at Memory Café and beyond.

Memory Café is for everyone. It's specially good for all who need help to keep their memories active as well as those who care for partners, family and friends suffering from the effects of dementia and Alzheimer's. It is a place to make friends have fun and relax for two hours on a Thursday morning. We are open and welcoming to everyone. Activities include a weekly quiz, chair exercises for all with Megan, and a sing-along session lead by Francis with music from Anna.

Ashford Place representatives will be at St Cuthbert's on the 3rd Thursday of the month (11am-2pm) to provide monthly help and advice sessions on what services and support are available to meet individuals needs and to access additional support payments and benefits.

Saturday Morning Café : The church is open on Saturday mornings (during term time) for coffee/tea, refreshments and fellowship. Come and join us for a cuppa on Saturdays between 10am-12pm. If you would like to donate any home-made cakes or join our rota team, please let Tina Last know.

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Celebrating the Chinese New Year 2022

By Hannah Last

On Tuesday 1st February 2022, millions of people around the world will wish each other “*Gung Hei Fat Choi*” (‘May You Have Good Fortune’) to celebrate The Chinese New Year. This day is the most important and longest celebration in the Chinese calendar, landing on the first day of the lunar month and continuing for 15 days until the moon is full, which is why Chinese New Year is often also referred to as the Lunar New Year or Spring Festival.

2022 marks the year of the Tiger. According to the Chinese zodiac, people born in the year of the Tiger are predicted to be brave, competitive, adventurous and display great levels of willpower. The Tiger is the third of the 12-year cycle of animals which appear in the Chinese zodiac relating to the Chinese calendar, based on the famed folk tale, *The Great Race*. The story goes that one of the most important gods in Chinese tradition, Jade Emperor, invited a series of animals to participate in the race of which 12 different species turned up. 12 animals for 12 months of the year, and 12 zodiac signs.

So how do Chinese people celebrate this festival? Red is a key colour, symbolizing fire which traditionally was believed to prevent bad luck. People tend to wear red clothes, decorate poems on red paper, and give children “*lucky*” money in red envelopes.

EVENTS THIS MONTH



Coffee Mornings at The Annunciation takes place on the second Saturday of the month. Please come along on Saturday 12th February between 10am-12pm for some chit chat and friendship over a cuppa and a slice of lemon drizzle.

Shrove Tuesday falls on 1st March this year and we would like to mark the occasion by serving pancakes to the community. Please join us at St Cuthbert’s Church between 11:30am-1pm for pancakes, coffee and fellowship.



A big THANK YOU to all our volunteers at St Cuthbert’s and at The Annunciation who run cafes, groups and spend time beautifying the church for events. These events could not take place without you.



Our St Cuthbert’s Tuesday Gardening Club will restart on 8th March. If you can spare an hour each week to help manage the church gardens by doing some light garden chores, please join us between 11:30am-12.30pm. Alternatively, come along and join us for coffee and cake (12:30pm).

KEEP PHYSICALLY AND MENTALLY WELL THIS FEBRUARY

BY MEGAN DONNELLAN



During winter we tend to spend more time at home which can make it harder to keep active and social which we know is so important for our physical and mental health.

I have put together a list of ways to keep well on a daily basis during winter. Try and tick 2 off per day:

- Have at least 1 hot meal a day—eating regularly helps keep you warm
- Have hot drinks regularly. Lemon Water is a personal favourite
- Drink at least 8 glasses of water per day
- Stand up from your chair during TV advert breaks or when you're on the phone
- Walk up and down stairs twice
- Put your favourite song on and have a dance
- 20 minutes gardening
- Call a loved one or friend
- Check in on a neighbour
- Walk to the shop & pick up a healthy snack
- Eat the rainbow! Make sure each meal has lots of different colours in it. For example red peppers, orange carrot, green cabbage
- Journal: write in your diary for 5 minutes per day.

Let me know how you feel from following these simple wellbeing targets in February and together we can go into spring ready for the next stage of wellness. Next month's newsletter will focus on goal setting for spring.

Meg xxx

On the stroke of midnight, every door and window in a Chinese house is opened to allow the old year to go out and on New Year's Day, no housework, cleaning or dusting takes place in a Chinese home because people don't want to sweep away good fortune. As with any festival, good food is plentiful - a very popular Chinese New Year treat is candied crab apple on a stick. And you can also expect to witness wonderful fire-work displays. Happy Chinese New Year!

Q: Can you name all 12 animals in the Chinese zodiac?

Answers on the back page

Hidden Equation

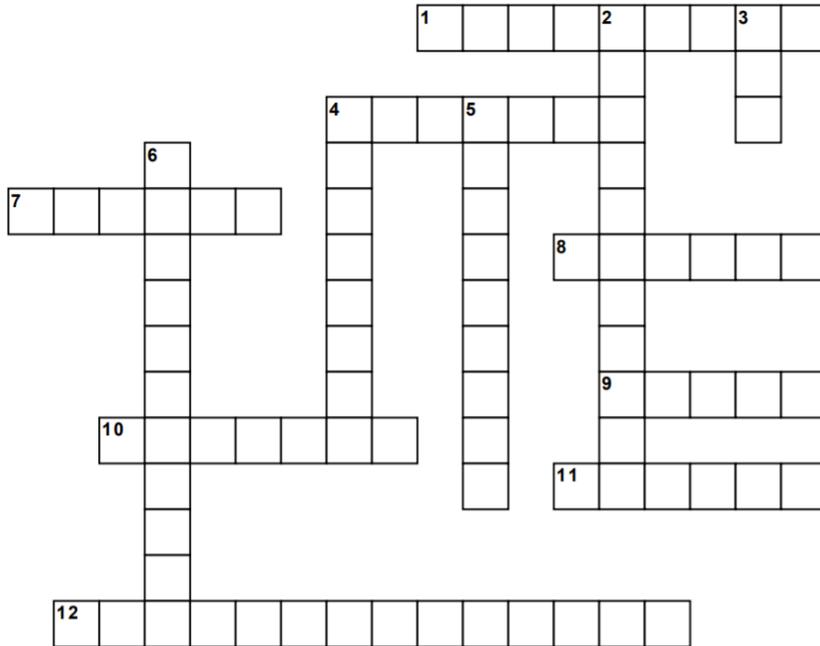
NUMBER SEARCH



9	5	6 + 3 = 9	1	8	7	5	7		
2	2	9	0	1	5	1	6	2	9
8	6	2	8	2	4	6	2	1	5
8	4	6	5	1	6	8	4	3	4
3	3	6	2	4	4	3	7	7	5
9	6	3	9	7	9	2	4	1	4
9	6	5	5	5	8	8	8	1	9
3	3	3	8	5	1	6	6	7	6
8	9	3	8	2	6	6	2	8	9
6	6	3	9	3	4	1	9	9	1

Instructions: Find the hidden equations! Circle each one and solve it using the operators addition +, subtraction -, multiplication x, division ÷, and equals = (see above: 6 + 3 = 9). Get started by searching left to right, one row at a time. You can make it more challenging by working vertically, diagonally, backwards, or using two-digit numbers, for example (2 x 4 + 6 = 10 - 3 x 2).

Chinese New Year



Across

- 1 - Your great grandparents (9)
- 4 - The customs of a certain group of people (7)
- 7 - 12 animals based on the year you were born (6)
- 8 - A procession of people in costume along a street (6)
- 9 - The Chinese calendar is based on this calendar (5)
- 10 - This festival occurs on the night of the first full moon of the lunar New Year (7)
- 11 - A mythical and ferocious animal in a Chinese New Year parade (6)
- 12 - Chinese New Year is also known as this (6,8)

Down

- 2 - Really amazing or fantastic (11)
- 3 - This colour represents happiness for Chinese people (3)
- 4 - This shows the months of the year (8)
- 5 - Something done year after year (9)
- 6 - Small and noisy explosive wrapped in paper casing (11)



By Golden Carers
Answers on the back page

THIS DAY IN HISTORY

FEBRUARY 4

ON THIS DAY

- **1789** George Washington is elected as the first President of the United States.
- **1932** The first Winter Olympics in the United States begin. These games took place in Lake Placid, New York.
- **1938** *Snow White and the 7 Dwarfs* is released by Walt Disney, making more money than any other motion picture up until that point.
- **1961** *The Misfits*, starring Marilyn Monroe, Clark Gable and Montgomery Clift, is released.
- **1970** *Patton* starring George C. Scott premieres in New York (Academy Awards Best Picture 1971).
- **1984** # 1 Hit: Culture Club - *Karma Chameleon*
- **2004** Mark Zuckerberg launches Facebook from his Harvard dormitory room.

9 Letter Word Game

Find the 9-letter word in this puzzle!
How many other words can you find?

O	E	U
A	S	G
D	N	R

Patient: Oh doctor, I'm just so nervous.
This is my first operation!
Doctor: Don't worry. Mine too.



HAPPY BIRTHDAY



Rosa Parks
Civil Rights Activist

BORN February 4th, 1913
DIED 2005 (aged 92)
NATIONALITY American

Rosa Parks was an American activist in the civil rights movement best known for her pivotal role in the Montgomery bus boycott. The United States Congress has called her "the first lady of civil rights" and "the mother of the freedom movement".

On December 1, 1955, in Montgomery, Alabama, Parks rejected bus driver James F. Blake's order to vacate a row of four seats in the "colored" section in favor of a white passenger, once the "white" section was filled.

She was arrested for civil disobedience in violating Alabama segregation laws and became an international icon of resistance to racial segregation.

She was married but never had children.

You must never be fearful about what you are doing when it is right.
-- Rosa Parks



Golden Carers