



WEEKLY BULLETIN

JOIN US FOR OUR FRUIT WEEK

MONDAY 24th JUNE

11.00am Alive & Active Exercises

Afternoon – Click your brain into gear for an afternoon of fruity wordsearches, crosswords, codeword puzzles and spot the difference

TUESDAY 25th JUNE

Morning – Jigsaw Club, Fresh Air & Manicures

11.00am - Holy Communion taken by the Revd Jenny Cooper

Afternoon – A change to the timetable this week with the Brookfields Quiz on a Tuesday afternoon

WEDNESDAY 26th JUNE

11.00am – Exercise with a difference

Afternoon – We haven't forgotten Bingo, so join us to see if lady luck is with you today

THURSDAY 27th JUNE

Morning – Fresh Air & Manicures

Afternoon – Relax after lunch and come along to our reminiscing chat and coffee session.

We celebrate National Pineapple Day today so we will be sipping pineapple juice as we reminisce

FRIDAY 28th JUNE

11.00am Alive & Active Exercises

some fruit shaped biscuits, and if you are feeling adventurous you could even roll out, cut and bake your own

SATURDAY 29th JUNE

Afternoon – Play Your Cards Right

Higher or lower, what will you choose?

SUNDAY 30th JUNE

Afternoon – Love it or hate it, we will be testing your knowledge on all things fruit

BROOKFIELDS

Private Nursing Home

There are many wonderful varieties of fruit available worldwide, but have you seen, or tasted, these unusual fruits?



JACKFRUIT

Jackfruit is the world's largest fruit, tipping the scales at up to 100 pounds. Originally from India, it has gained popularity as a meat replacement in foods like tacos. Its stringy flesh mimics the texture of pulled pork. It can taste neutral or sweet, depending on how ripe it is. Its rich in vitamin C, B vitamins and potassium.

DRAGON FRUIT (PITAYA)

Dragon fruit grows on a cactus that originates in Central & South America. Don't eat the skin, which is scaly (like a dragon's) & yellow or pink. Scoop out the crunchy, pink or white flesh with a spoon. It's full of tiny black seeds & tastes like kiwi or pear. Eat as is, or add to cocktails or desserts. Dragon fruit offers plenty of fibre, vitamins & minerals, and can even help keep your gut bacteria healthy.



PRICKLY PEAR

It's prickly, but it's not really a pear. It's a cactus native to the Americas. You can eat both the pads (nopales) & the fruit (tunas). When you buy it in a store, the prickly parts are often removed. (If not, wear gloves to peel it.) Prickly pear fruit has a watermelon-like taste and is rich in calcium and antioxidants, including vitamin C. Eat it plain or use it in jelly, candy or syrup.

DURIAN

Durian is a southeast Asian fruit you either love or hate. It's nicknamed the king of fruits due to its custard-like flavour & size (up to 18 pounds). It's also called corpse fruit, thanks to its super-stinky smell. The spiky fruit is rich in iron, vitamin C, folic acid & potassium. But it also has about 357 calories per cup. Eat durian fresh or use in desserts like ice cream.



HAPPY BIRTHDAY PARAMJIT!

29th JUNE