

Ballynoe Nursing Home

Newsletter

MAY 2025



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May Newsletter –Ballynoe Nursing home



Bringing Joy, Creativity, and Sunshine to Our Community

Dear Residents, Families, and Friends,

As May comes to a close, we're excited to share all the joyful moments that made this month so special at Ballynoe. With longer days and warmer weather, we made the most of every opportunity to enjoy the sunshine, connect with one another, and celebrate the season together.

Please see below all activities we had this month:

Alzheimer's Tea Day

We recently held a heartfelt and memorable Alzheimer's Tea Day at our nursing home, bringing together residents, families, and staff to raise awareness and support for those affected by Alzheimer's disease. The event featured delicious tea and treats, uplifting music, and meaningful conversations. It was a wonderful opportunity to honor the strength of those living with Alzheimer's, share stories. A big thank you to everyone who contributed their time and energy to make the day so special.



Faith, Family, and Community at Ballynoe

At Ballynoe, we are proud to nurture a strong sense of community and spiritual connection.

Every second Sunday, we gather for Mass, offering a peaceful and reflective time for our residents to come together in prayer and fellowship. This service brings comfort and continuity and is a cherished part of life in our home.

This month, we were especially delighted to welcome some very special visitors—young children from the local community who are preparing to make their First Holy Communion.

These joyful visits brought smiles to the faces of grandparents and great-grandparents alike, as they proudly watched the next generation take part in this important step in their faith journey. The children's presence lit up our home with energy and warmth, creating beautiful memories for all.

We look forward to many more moments of connection like these, where faith and family come together in the heart of our community.

🎵 Music to Our Ears

Music filled the halls throughout May! We hosted several sing-alongs and dance sessions that had toes tapping and spirits lifted. Whether enjoying classic hits or relaxing melodies, music brought smiles and memories to the forefront for everyone.



Creative Spirits Soared with Arts & Crafts

Our arts and crafts sessions were a big hit this month!

Residents showcased their talents with colourful spring-themed projects.

From painting and handmade pictures everyone had the chance to express themselves and add some cheerful decorations around our home, some even made gifts for their loved ones.



Bingo Fun & Friendly Competition

Bingo remained a firm favourite! Our weekly games were filled with laughter and friendly competition, with plenty of prizes and good cheer. Thank you to everyone who participated and helped make it so much fun.



Soaking Up the Sun

The weather was on our side this month, and we made the most of it! Residents enjoyed sitting outside, feeling the warm breeze, and watching the flowers bloom. Our courtyard was full of laughter, chatter, and calm moments of reflection under the blue skies.



Sonas Sessions – Calming, Connecting, and Comforting

May saw both one-to-one and group Sonas sessions bringing a deeper sense of connection and calm to our residents. These gentle, multisensory sessions encouraged relaxation, communication, and emotional well-being. We've seen lovely responses and engagement from participants – a testament to the power of music and sensory interaction.





Quote Of The Month

The month of May is the gateway to summer, a time when the world feels fresh, full of promise, and alive with colour.

The zodiac signs for May are:

Taurus (April 20 – May 20)

- **Symbol:** ♉ The Bull
- **Element:** Earth
- **Traits:** Reliable, patient, practical, devoted, and stable. Taurus individuals enjoy comfort, beauty, and the simple pleasures of life.

Gemini (May 21 – June 20)

- **Symbol:** ♊ The Twins
- **Element:** Air
- **Traits:** Curious, adaptable, witty, sociable, and communicative. Geminis are known for their lively energy and love of learning and conversation.



Upcoming Events

Afternoon Tea

Gardening

Music with Eddie O Driscoll June 6th

Indian Cultural Day Wed 11th June

Bring your Pet to work Day Thursday 19th

Pat Hurley June 14

Bob Buckley June 20th

Mary Burke June 25th



Regular Events

Happy Hour Saturday & Sunday 3pm

Catholic Service every 2nd Monday & Sunday

Mass at 11.30

Hairdresser every Tuesday from 10:00 to 1pm

Men's Group every second Thursday at 2pm

Bingo! Every Monday, Tuesday & Wednesday at 2.30

Fit For Life Every Tuesday & Thursday

Sonas sessions (group and individual available)

Rosary Every Tuesday 2.30 – 3.30



May



The weather is getting warmer,
The flowers are in bloom.
The butterflies flutter by,
And the birds sing a chirpy tune.

The sun comes up much sooner,
To brighten up my day.
It goes to bed much later,
So I have much more time to play.



As we step into June, we look forward to more sunny days, more laughter,
and more special moments shared together. Thank you to our wonderful
residents, staff, and families for continuing to make Ballynoe such a warm
and vibrant place to live and work.

With warm wishes,

The Activities Team