



— *ELM Hall Newsletter* —

JUNE 2026

Dear Families and Friends!

June is here, bringing longer days and a lovely sense of summer settling in.

We are looking forward to a month filled with enjoyable moments, shared experiences, and plenty of reasons to smile.

In this edition, we are sharing highlights from recent weeks and a look ahead at what we have planned for June.



Creative Writing Success

Residents came together to create three unique and imaginative stories, each full of character and creativity.

MAY HIGHLIGHTS

The session was inspired by artworks displayed on the television screen. Guided by questions, residents shared their thoughts and ideas, and together we built stories step by step – each answer adding something new and unexpected to the narrative.

We are delighted to share these stories with you as attachments and warmly invite you to take a moment to read them.



A Taste of Zumba

Our recent Zumba session was a fantastic success and received very positive feedback from residents. The energy in the room was wonderful, and it was clear how much everyone enjoyed trying something new.

With lively Latin rhythms, plenty of movement, and a relaxed, fun atmosphere, the session brought lots of smiles and encouraged everyone to get involved at their own pace.

Following such a great response, we are excited to look into working more closely with the instructor and hopefully bringing more sessions like this in the future.



Trip to Adamstown Festival

This month, a group of our residents enjoyed a trip to the **Bealtaine Festival** in Adamstown. It was a wonderful day filled with fun, creativity, and great energy.

MAY HIGHLIGHTS

Residents took part in chair Zumba, bringing plenty of movement and smiles, and also enjoyed arts and crafts, creating small, colourful wreaths to take home as a lovely keepsake.

The creative session was made even more special by a performance from a local choir, who sang well-known songs that many residents recognised and enjoyed, adding to the warm and lively atmosphere of the day.



Welcoming New Musicians

We were delighted to welcome new musicians, who will be visiting us twice a month.

Don't worry 😊 Peter is of course still with us! This is simply an additional music session in Elm Hall.

They brought along fun and interactive music sessions that were enjoyed by many of our residents.

A wonderful number of residents joined in, singing along to familiar songs, clapping, and taking part in the music, which created a very lively and uplifting atmosphere throughout the home.

It was lovely to see so much engagement and enjoyment from everyone involved.





Africa Day Celebration

Africa Day was enjoyed in wonderful style, and with the beautiful weather on our side, everything took place in the garden.

Our staff prepared a delicious variety of food, which everyone thoroughly enjoyed. The day was full of colour, with vibrant outfits, music, and dancing creating a lively and joyful atmosphere.

There were also plenty of cold drinks and lots of ice cream to keep everyone refreshed — a definite favourite among our residents!





CareChoice Battle of the Brain Quiz

A group of our residents took part in the CareChoice Battle of the Brain Quiz, which was held in Malahide CareChoice Nursing Home.

We proudly put together a strong team, ready to challenge themselves, enjoy the experience, and represent our home.

It was a lovely day out, filled with friendly competition, shared laughter, and great team spirit. Most importantly, everyone had a fantastic time taking part and being together.



Milk & Cupcake Day.

In June, World Milk Day and Cupcake Day are celebrated around the world, and we have decided to bring these two occasions together for one fun and enjoyable event.

We will be raising a toast with a glass of milk, enjoying refreshing milkshake, and treating everyone to a selection of colourful and delicious cupcakes.

It will be a lovely opportunity to share something sweet and enjoy time together.





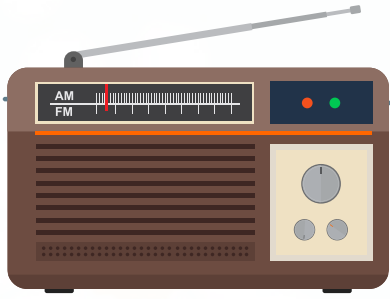
Ocean & Environment Days

In June, we will be marking World Ocean Day and Environment Day with a creative arts and crafts session.

Residents will have the opportunity to take part in themed activities inspired by nature, the sea, and looking after our environment. It will be a fun and relaxing way to get creative while also reflecting on the importance of protecting our planet.

LOOKING AHEAD TO JUNE





Radio & Memories Session

We will be hosting a special Radio-themed Session focused on nostalgia and shared memories.

Residents will enjoy revisiting classic programmes and familiar voices from the past, including Joe Duffy and Gay Byrne. There will be time for reminiscing, sharing old stories, and enjoying clips from RTÉ archives.

It will be a warm and engaging session filled with conversation, laughter, and meaningful memories.



Filipino Day.

In June, we are planning to celebrate Filipino Day. As we have many team members from the Philippines, it will be a wonderful opportunity to learn more about their culture, traditions, and cuisine.

Our staff are looking forward to sharing a part of their heritage with residents. There will be a chance to explore new flavours, enjoy music, and experience something a little different together.



CareChoice Cookbook Initiative

We are delighted to share the CareChoice Cookbook initiative, celebrating recipes, memories, and traditions from our residents, and we would really appreciate your support.

You may have already received an email earlier in May with more details. We encourage you to share recipes your loved ones used to make, along with any meaningful memories connected to them.

This will also give Ania and Simon a lovely opportunity to spend time with residents, chatting and reflecting together.

Your contributions will help create special moments in the home. If you would like to take part or have any questions, please let us know.

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DEAR FAMILIES AND FRIENDS!!!

We always appreciate your feedback and suggestions. Even the smallest ideas can have a big impact and help make our home an even more welcoming and joyful place.

To reach the Activities Team, you can call 086 829 5807 during working hours, from 9 am to 5 pm.

Ania & Simon

