

NEWSLETTER

May 2026

CareChoice Clonakilty



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MayTrivia

Birthstone: - Emerald – the birthstone for May, evoking rebirth and renewal. Legend has it that the emerald has the power to make its wearer more intelligent and quick-witted and was once believed to cure diseases like cholera and malaria.

“Ne’er cast a clout ‘till May is out”

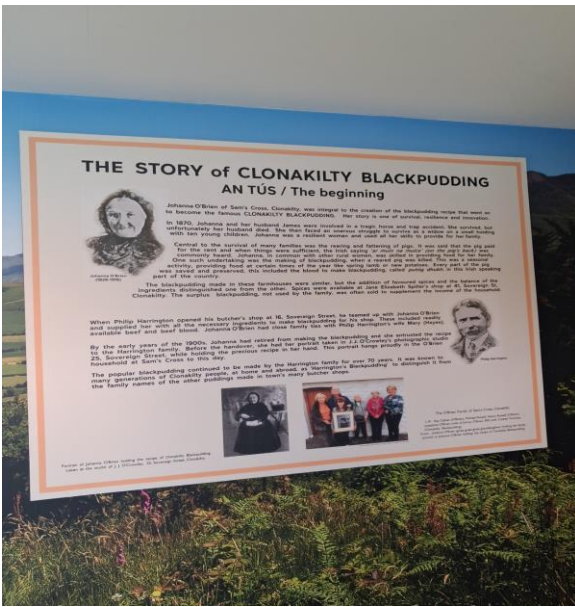
“A wet and windy May, fills the barn with oats & hay”



What We've Been Up To

Visit to Clonakilty Blackpudding Factory

An enjoyable day was had by all when we visited our local Blackpudding factory and learned its history.



Hairy Henry Visits Our Nursing Home

A very entertaining afternoon was had by all when we had a visit from the animals at Hairy Henry's. A miniature donkey, hamsters and giant rabbits to name a few, were welcomed by our residents and much petting and cuddles took place!



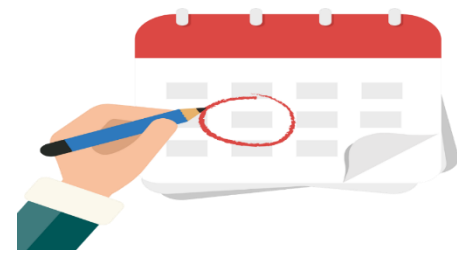


Around Our Nursing Home

Throughout the month our residents enjoyed a range of activities, from Chair Zumba, to live music sessions, creating a May Altar, flower arranging, exercise classes and quizzes to name but a few. And not forgetting the usual Saturday morning visit from Hollie the therapy dog!



Upcoming Events

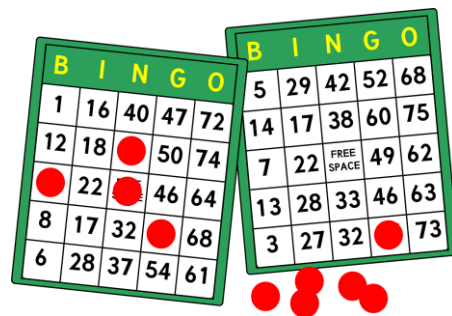


We are looking forward to having a great month ahead with lots of fun activities planned for June. Residents and staff will be going along to the Clonakilty Street Carnival on Saturday 13th.

Lots of in-house activities are planned such as chair Zumba and live music sessions, we look forward to celebrating Carers Day to show our appreciation for all the wonderful carers in our home.

And of course, the highlight of June, must be our residents' summer party, scheduled for the 16th! Lots of fun and music and wonderful party food to look forward to in our courtyard, all fingers crossed for fine weather on the day!

Regular Events



- Every **Thursday** there is flower arranging in-house. The residents can enjoy the fruits of their labour as cheerful table decorations in the dining room.
- We have bingo every **Friday**, and everyone is welcome – both dab hands and novices!
- Our **Tuesday** Fit for Life sessions guarantee a good time for body and mind.
- Our live music sessions always go down a treat with our residents and staff alike, with some exhibiting their singing and dancing skills!

May Birthdays



In May, we celebrated birthdays with
1
of our residents!
Happy Birthday to you, and thank you to our Chefs
for the
beautiful birthday cake.

Born in May, your zodiac sign is either **Taurus** or **Gemini**, depending on your exact birthdate.

- **Taurus: April 20 – May 20**
- **Gemini: May 21 – June 20**

Traits associated with your sign:

Taurus (Earth Sign): Known for being reliable, practical, grounded, and deeply appreciative of comfort and luxury.

Gemini (Air Sign): Known for being adaptable, outgoing, quick-witted, and naturally curious with excellent communication skills.

Famous Historical figures born in May

May 12, 1820: Florence Nightingale - The foundational philosopher of modern nursing, known as "The Lady with the Lamp".

May 24, 1819: Queen Victoria - Queen of the United Kingdom of Great Britain and Ireland, whose 63-year reign defined the Victorian era.

May 29, 1917: John F. Kennedy - The 35th President of the United States, whose presidency marked a pivotal era of the 20th century.

Mary Robinson (May 21, 1944): Born in Ballina, Co. Mayo, she was the first female President of Ireland and later served as the United Nations High Commissioner for Human Rights.

Poem to Share

May Flowers

Summer started flirting
Though it's still a ways away
Hinting at the future
Of warm and longer days

Still the April showers
May have more to bring
It's all part of the cycle
That happens every spring

And then there are May flowers
That dot the mountain side
Waving us a welcome
Along each country ride

Though they may be fleeting
The memories stay true
Cause when I see those flowers
It brings back memories of you

- Robert Longley