

NEWSLETTER

MAY 2025

Carechoice Clonakilty

May

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NOTE FROM THE SOCIAL ACTIVITIES ENGAGEMENT TEAM

We've had an eventful month!

Throughout May we celebrated Bealtaine - celebrating creativity in our older adults. We kicked off the month with a visit from Baine ur where our residents enjoyed some local jersey milk with different flavours. Some of our residents took part in Chair Zumba which went down a treat as well as enjoying some exotic creatures from the Animal Roadshow. The residents took part in 2 ceramic workshops where they made some fabulous pinch pots & decorations. As usual we had 4 live music sessions throughout the month. We were blessed with beautiful weather in the month of May so of course we had to make the most of it & go outside to the gardens to soak up some sunshine!

QUOTE OF THE MONTH

*Every day can be the beginning of something beautiful.
You are capable of blooming like May flowers.
Celebrate your accomplishments, big or small.
There are days you harvest, and days you plant the seeds.
- Unknown*

What We've Been Up To

Bó Baine Úr 1st May

Our residents were treated to some delicious fresh jersey milk, brought to us by local Clon business Bó Baine Úr. Here is a photo of our Director of Nursing, Kay, as well as ladies from Activities, Nursing and HCA departments all having a well-deserved break!



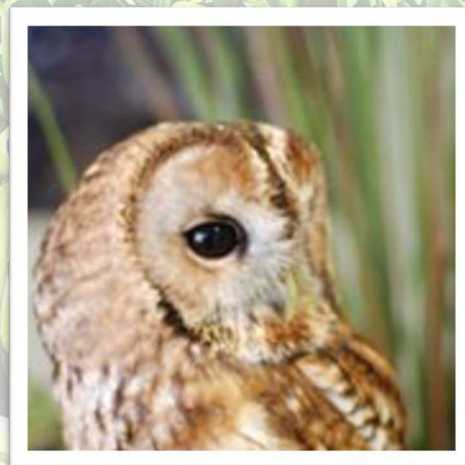
Out and About 15th and 25th May

At Carechoice Clonakilty we love bringing the residents on outings, whether it be to a music event, a social evening, or even a drink at the local pub! This month we went to Fernhill house (15th) in the afternoon and one to Dunmore House hotel (25th) to listen to the Clonakilty Brass Band.



Animal Antics! 21st May

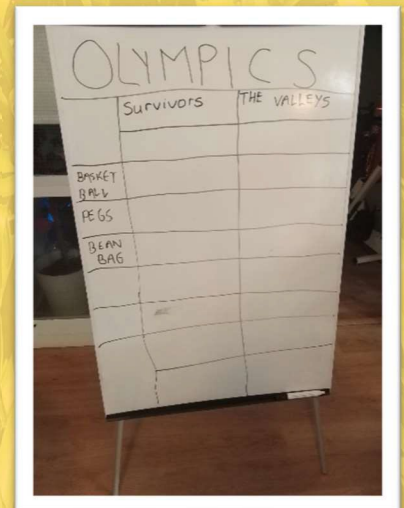
Animals can spark joy in the old and young alike and today was no different when the Animal Roadshow came to visit. The residents and staff delighted in holding lizards, snakes, rabbits and owls (as well as our weekend Receptionist Rachel's two cheeky monkeys, Ben and Adam!) Please see page 8 for more photos of this wonderful afternoon.



Fit for Life Olympics

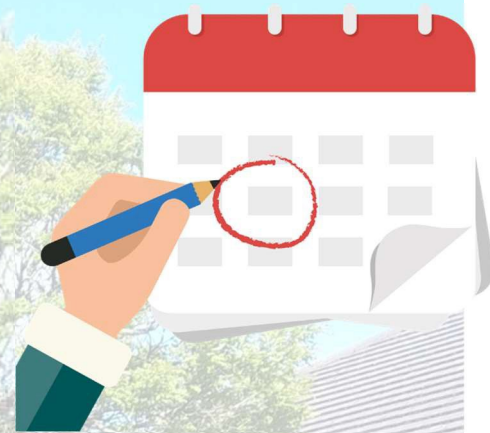


Our Fit for Life Olympics Day on 27th May was enjoyed by all!



Upcoming Events

- Le Cheile Choir – Tue 2nd June at 6.30
- World Ocean Day – Sunday 8th June
- World Music Day – Saturday 21st June



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.
- Baking features from time to time. This month we made yummy biscuits and fresh warm brown bread for supper – a treat for residents and staff alike!
- When the weather is nice, we like to take the opportunity and **sit out in our beautiful Lore's Garden**, complete with shaded gazebo - suncream and cold drinks/ice cream a given. And sometimes even Daniel O'Donnell makes an appearance on our Bluetooth speaker! 📻



May Birthdays



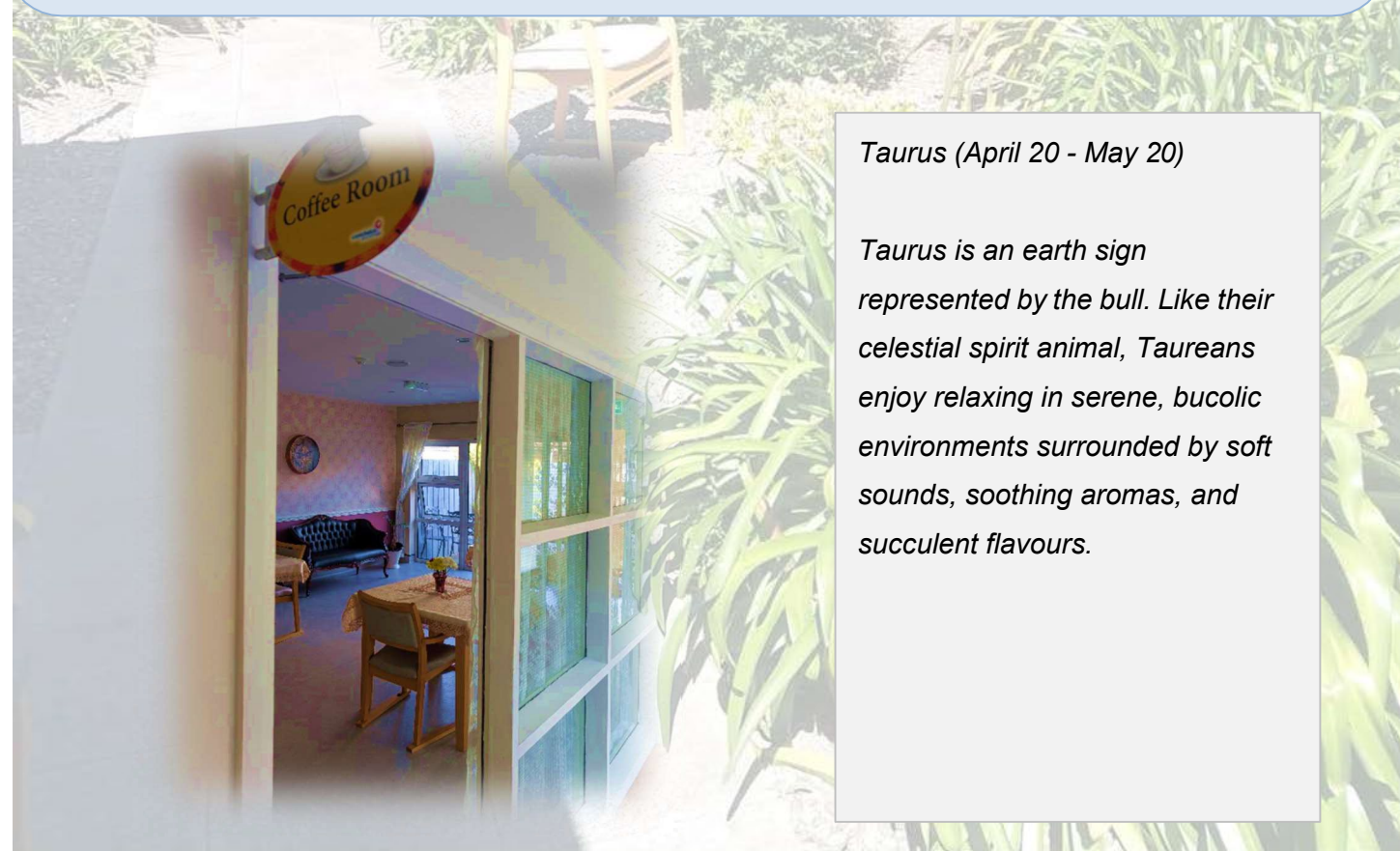
May being a quiet birthday month, we still were sure to sing our hearts out for one of our very many cherished residents (you know who you are!)

Happy birthday and thank you to our Chef for the beautiful birthday cake.

Our welcoming Coffee Room is available to all for either birthdays, afternoon teas or just a cuppa and a chat with residents.

Taurus (April 20 - May 20)

Taurus is an earth sign represented by the bull. Like their celestial spirit animal, Taureans enjoy relaxing in serene, bucolic environments surrounded by soft sounds, soothing aromas, and succulent flavours.



Poem to Share

“May”

By Henry Sylvester Cornwell

*Come walk with me along this willowed lane,
Where, like lost coinage from some miser's store,
The golden dandelions more and more
Glow, as the warm sun kisses them again!
For this is May! who with a daisy chain
Leads on the laughing
Hours; for now is o'er Long winter's trance.
No longer rise and roar
His forest-wrenching blasts.
The hopeful swain,
Along the furrow, sings behind his team;
Loud pipes the redbreast—troubadour of spring,
And vocal all the morning copses ring;
More blue the skies in lucent lakelets gleam;
And the glad earth, caressed by murmuring showers,
Wakes like a bride, to deck herself with flowers!*

ANIMAL ANTICS – SPECIAL ADDENDUM!

