

NEWSLETTER

May 2025

CareChoice Macroom



IN THIS ISSUE

Note from the Social Activities Team
May Trivia & Reflection
Around our Nursing Home
Upcoming Events
May Birthdays
Word Search
Poem to Share

NOTE FROM THE SOCIAL ACTIVITIES ENGAGEMENT TEAM

Welcome to the May edition of our newsletter! The last month of Spring is down, and we are looking forward to the June Bank Holiday weekend, to hot weather and plenty of fun in the sun with lots of ice cream!

Here's to lots of fun, games, and outings with our residents this month!



Mary Curtin,
Mary Dinan,
Catriona,
Martina &
Caoimhe 😊

May Triva

May is a month that blossoms with possibility. As nature unfolds its vibrant greens and colorful blooms, we find ourselves at a pivotal moment—perfect for reflection and personal growth. This article explores a curated selection of inspirational quotes tailored for May.

Famous birthdays in the month of may include- Clint Eastwood, Audrey Hepburn, Florence Nightingale and George Clooney!

A reflection for the month of May

May is a month that blossoms with possibility. As nature unfolds its vibrant greens and colorful blooms, we find ourselves at a pivotal moment—perfect for reflection and personal growth.



What We've Been Up to Around Our Nursing Home!

May Highlights at Carechoice Macroom



The month of May has been a busy and joyful one at Carechoice Macroom! Our residents made the most of the sunshine with a variety of outdoor activities. A highlight was an engaging and informative talk on Irish history, delivered by the Kilmurry Independence Museum.

We also indulged in sweet treats during our ice cream afternoon and enjoyed a lovely afternoon tea, thanks to our fantastic kitchen staff for preparing such delicious delights.

Creativity was in full swing during arts and crafts, where residents made colourful maypoles and vibrant sun catchers. We were also delighted to welcome Pixie, a charming guide dog in training, for some relaxing pet therapy.

Gardening and flower arranging were enjoyed by many, alongside other fun and active pursuits including ball games, chair aerobics, and film afternoons. It was truly a month filled with sunshine, creativity, and community spirit!



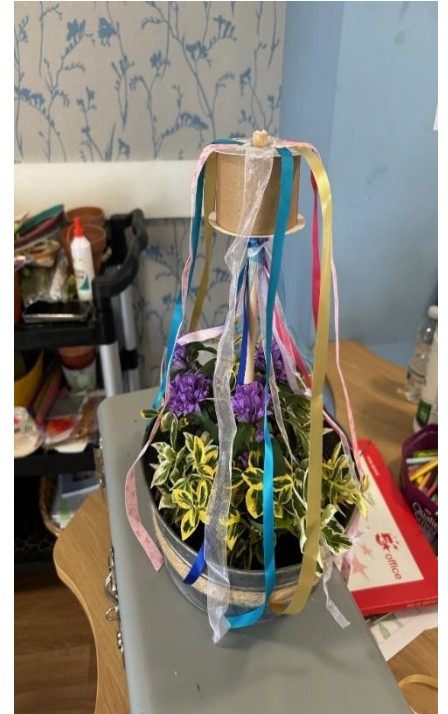


Pet Therapy

Our residents were delighted to welcome Pixie, a guide dog in training, who is being lovingly trained by a family member of one of our residents. Pixie brought immense joy to the day room during her visit and quickly became the centre of attention, charming everyone she met!

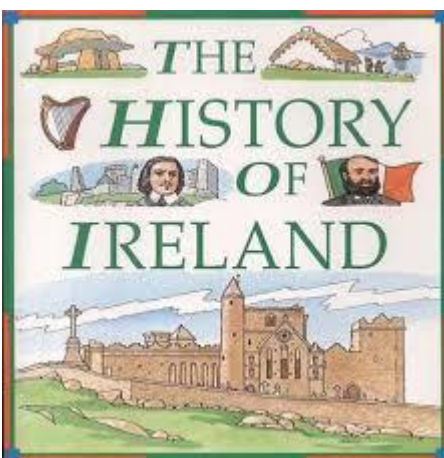
Flower Arranging & Gardening

With the lovely weather in May, our residents embraced the outdoors with plenty of gardening activities. Indoors, creativity bloomed as they enjoyed flower arranging and arts and crafts sessions, making beautiful maypoles and vibrant sun catchers.



Irish History Talk

A heartfelt thank you to the wonderful team from Kilmurry Independence Museum for delivering a fascinating and informative history talk. Topics covered included the Famine and subsequent emigration to America, Irish involvement in World War II, the 1916 Rising, the 1923 Treaty signing, and the ambush of Michael Collins. It was a truly engaging session, and we greatly appreciate the time and effort taken to visit our home and share such valuable insights.



Outing to Terelton Hall



Some of our residents enjoyed a delightful outing to Terelton Hall, where they were treated to tea, cakes, lively conversation with locals, and plenty of music, dancing, and singing.

Two of our residents even gave Caoimhe from the Activities Team a spin around the dance floor—much to everyone's delight!



Upcoming events

We are looking forward to incorporating the following events into our activity schedules! -

- ✚ **June Bank Holiday Weekend**
- ✚ **Wimbledon**
- ✚ **June 1st- World Milk Day**
- ✚ **June 5th- World Environment Day**
- ✚ **June 8th- World Ocean Day**
- ✚ **June 15th- World Elder Abuse Awareness Day**
- ✚ **June 21st- World Music Day**

Regular Events

- ✚ Singing with Peggy Every 2nd Wednesday at 2pm
- ✚ Bingo Sessions every Tuesdays at 2pm
- ✚ Inhouse Mass Tuesdays at 11.15am
- ✚ Cooking with Catriona on Wednesdays 11.15
- ✚ Rosary With Eileen Thursdays at 14.00
- ✚ Exercise and Trivia sessions with Caoimhe every weekend
- ✚ Live Music Every Weekend

May Birthdays!

Birthday Celebrations

May was a month of joyful celebrations as we marked three resident birthdays here at Carechoice Macroom—including a special milestone: one of our residents celebrated his 90th birthday!

Each occasion was filled with smiles, cake, and plenty of warm wishes from fellow residents and staff. We would like to wish all our birthday celebrants a Happy Birthday—here's to many more! 🎉



The star signs in May are Taurus and Gemini.

Taurus (April 20 – May 20)

Taurus is the second of the 12 astrological signs and is symbolised by the bull. As an Earth sign, Taureans are known for their intelligence, reliability, strong work ethic, and dedication. Much like the bull that represents them, they can also be famously stubborn.

Gemini (May 21 – June 20)

Geminis are known for their social, curious, and lively nature. They are often talkative and whimsical but can also be indecisive or overly inquisitive. While some Geminis enjoy being the centre of attention, others prefer sharing news and engaging in lively conversations. They are typically passionate, easy-going, and always ready for an adventure or a stimulating discussion.

Name: _____

Date: _____



May

Word Search



Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

B I K I N G M O T H E R L G J B E Z Y
 J K X Y R M K R F T B N K T J E G A X
 Y G A R D E N I N G N I T V B M D T B
 D N U O R G Y A L P G H R S C L H R S
 O L S U N S H I N E K K I D A T L S H
 H U E R I F P M A C R R K I S B E C L
 R T T Y X E G T N K F H R K U R P L Y
 H Q W D L Y L C H T T O V T D L A N S
 D M R E O F T D C M M H T N A B V O R
 N V P U G O N Q D E B E U N E S S L E
 L E I C M U R O M U R S T S N U P E W
 I D C E H P B S G F P I A B E N O M O
 C A N B K I N Y L A N B Q L E G R R L
 E N I R X Q K I D G R K Q O R L D E F
 C O C A Z Y E I C A I D K S C A N T H
 R M W B F S K N N T L M P S S S I A R
 E E R B V N Y N E G L Q V O N S A W P
 A L R X Y R V H H C J X F M U E R B G
 M R A L L I P R E T A C L S S S M H H

BARBECUE

BASEBALL

BIKING

BIRDS

BLOSSOMS

BUTTERFLIES

CAMPFIRE

CATERPILLAR

DRAGONFLY

FLOWERS

FRISBEE

GARDENING

HIKING

ICE CREAM

KITE

LADYBUG

LEMONADE

MEMORIAL DAY

MOTHER

OUTDOORS

PICNIC

PLANTING

PLAYGROUND

SUNGLASSES

PUDDLE

SUNSCREEN

RAINDROPS

SUNSHINE

SUNDRESS

WATERMELON



Poem About

May



By Maya Anthony

May whispers in colors bright,
With flowers blooming in the light,
Trees dress in leaves, a delightful sight,
Nature's heart beats with might.

Birds sing in the morning hue,
Sky's canvas painted anew,
In May's embrace, life feels true,
A world refreshed, in vibrant view.

Sunshine kisses the earth's face,
In every corner, beauty's trace,
May's dance, a gentle grace,
In its warmth, we all embrace.