

Newsletter

CareChoice Finglas



Welcome Note from the Team

Welcome to another wonderful month here at The Ardmore!

We hope this newsletter finds you well and looking forward to all the joy and connection that the upcoming weeks will bring.

Here in the Activities Department, our goal is to bring smiles, spark memories, and create meaningful moments every day. From lively music sessions and arts & crafts to trivia games, outings, and birthday celebrations, we've got something for everyone to enjoy.

Regardless of whether our residents are here long term or are only new to our community, we invite everyone to join in, try something new, and make lasting memories with us. The energy and participation from our residents is what makes our home truly special!

Keep an eye on the calendar and let us know if you have any ideas or special requests. We love hearing from you!

With warm wishes,
Karen & Monika

Around our Nursing Home



Our residents have been exploring their artistic sides through watercolours —each piece a unique expression of memory, emotion, and imagination. Whether it's painting serene landscapes, bold abstracts, or cheerful flowers, our art sessions are a time for relaxation, self-expression, and connection.

No experience is needed—just an open heart and a little curiosity!





At The Ardmore, we know how important calming, stimulating spaces are for relaxation, memory support, and emotional well-being. That's why we're giving our sensory room a thoughtful makeover to enhance comfort, accessibility, and engagement for all residents.

The updated space will feature:

- Soothing lighting and colour schemes
- Soft furnishings and cozy textures
- New sensory tools and interactive elements
- Gentle music and calming scents

Our goal is to create a peaceful retreat where residents can unwind, explore, and feel at ease. We can't wait to unveil the transformed space soon.



There's something timeless and comforting about sitting down with a warm cup of tea and a slice of cake—and at The Ardmore, it's one of our favourite ways to spend an afternoon.

Our residents regularly gather for Tea & Cake, a cherished tradition filled with laughter, conversation, and delicious homemade treats.

But these gatherings are about more than just tasty bakes—they're a chance to connect, share stories, and build friendships. Whether it's chatting over a cuppa or reminiscing about family recipes, the tea table brings us all a little closer together.

A big thank you to our kitchen team who make every spread special. And if you have a favourite recipe or memory you'd like to share, let us know—we'd love to feature it in a future event!



This month we celebrated a number of birthdays in the home. As always, a huge thank you to our chef for the various birthday cakes we had this month.

Your efforts don't go unnoticed, and we are so grateful for the joy (and sweetness!) you add to our community.



Building our community links ...

At The Ardmore, we believe that being part of the wider community enriches the lives of our residents and strengthens the bonds that make us feel truly connected.

That's why we're excited to share that we're actively working on building new links with local groups, schools, and organisations. From inviting local choirs and schoolchildren to visit, to planning outings and shared events, our goal is to create opportunities for friendship, learning, and mutual support.

These connections help bring fresh energy into our home and allow our residents to continue engaging with the world around them. Whether it's a storytelling session with a local school, a visit from therapy animals, or a craft project with community volunteers—every interaction brings joy and meaning.

We're always open to new ideas, so if you know of a local group that might like to get involved, please let us know!



Upcoming Events

We're excited to share that June is packed with activities and events here at The Ardmore - and there's something for everyone to enjoy!

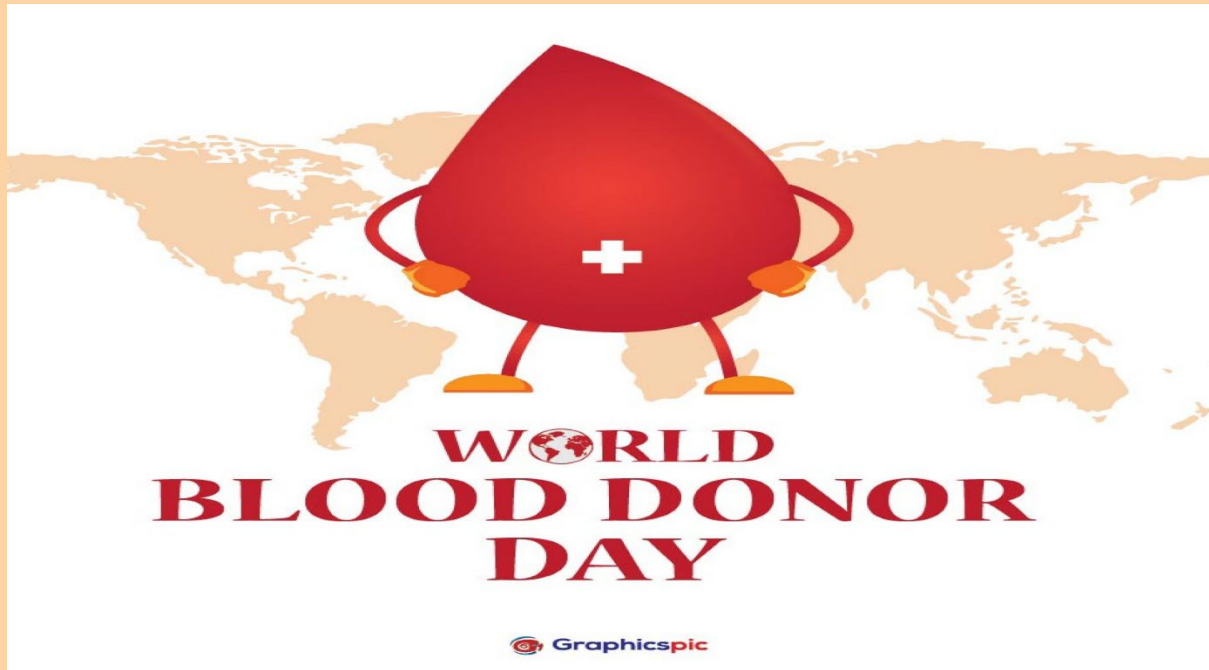
From musical afternoons and craft sessions to bingo bonanzas and themed movie days and movement classes, our calendar is bursting with opportunities to have fun, stay active, and make meaningful connections. We're also planning some outdoor activities (weather permitting!) to soak up the sunshine and fresh air.

Keep an eye on the activities board and monthly calendar for daily events. Family and friends are always welcome to join us for special events—just ask the team for details!

Let's make this month one to remember!

On June 19th, the monthly Memory Café will take place in Fingallians GAA, Swords from 10.30-12.30pm. All are welcome to come along and enjoy tea, cakes and a chat.

The aim of the Café is to support fostering a dementia inclusive community.



World Blood Donor Day takes place on June 14th.

The aim of the campaign is to;

- Raise public awareness of the need for blood and plasma donations.
- Encourage new and existing donors to donate regularly.
- Highlight the positive impact on the health and well-being of others and promote the values of solidarity, compassion and community through blood donation.

You can donate blood at The Castleknock Hotel on the 23rd and 24th June between 3.50pm – 8.10pm or check out www.giveblood.ie.

