

NEWSLETTER

May 2025

Carechoice Malahide Road Nursing Home



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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18	19	20	21	22	23	24
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Welcome to the May Edition of Our Home's Newsletter!

We are excited to share the latest events from our community! Inside this issue, you will find highlights from recent events, a sneak peek at upcoming activities, and heartwarming stories that showcase the vibrant spirit of our residents.

From laughter-filled gatherings to quiet moments of connection, every experience adds to the unique and joyful rhythm of life in our home. Thank you for being a part of what makes this community so special—we cannot wait to make even more unforgettable memories together!

With appreciation

Diane, Inga, Megan, and Bernie



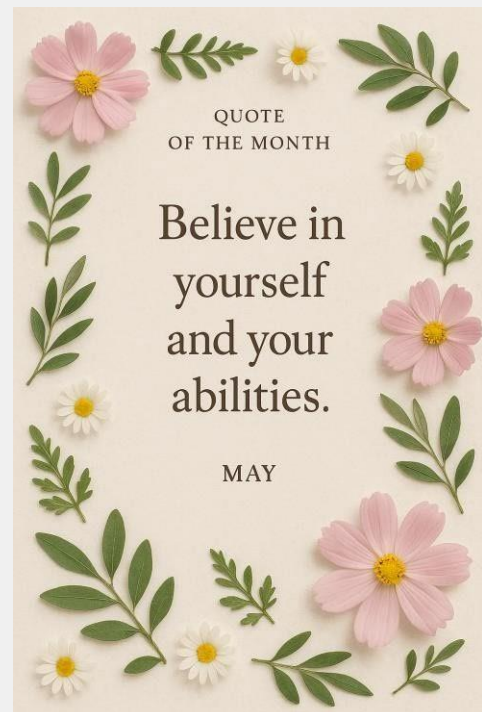
🌸 🌸 May Trivia

Birthstone: May's birthstone is the emerald, a stunning green gem symbolizing rebirth, renewal, and prosperity. It's believed to bring wisdom, growth, and patience.

Flower: The lily of the valley and the hawthorn are May's birth flowers. Lily of the valley represents sweetness and humility, while hawthorn symbolises hope and happiness.

Zodiac Signs: May babies fall under the signs of **Taurus** (April 20–May 20), known for their reliability and love of comfort, or **Gemini** (May 21–June 20), known for their curiosity, adaptability, and lively spirit. It's a month of grounded grace and sparkling wit!

Quote of the Month



What We Have Been Up To

Holy Mass to Mark Universal Family Day

A special Holy Mass was held in our home to celebrate **Universal Family Day**, bringing together residents and their family members in a spirit of unity and love. The heartfelt service served as a beautiful reminder of the importance of family, faith, and togetherness. It was a meaningful occasion filled with prayers, reflections, and a strong sense of community.

The service was made even more meaningful with uplifting hymns performed by the River Voices Choir, who sang beautifully to mark the occasion. It was a heartfelt celebration filled with prayer, reflection, and a deep sense of community.



River Voices Choir
Presents
Summer Vibes
Performance on 7th May

River Voices Choir kicked off the summer season with their joyful **Summer Vibes** concert, filling the room with music and energy. Choir members were excited to perform their favorite songs and proudly showcase the results of their dedication and rehearsals. The event was a great success, warmly attended by fellow residents, family members, and staff. Guests enjoyed light refreshments afterwards, adding a perfect touch to a memorable afternoon.



Outing To Howth Harbor Fish and Chips'



Fabulous Fish and Chips at the Harbor Café



The residents enjoyed a delightful outing to Howth for fish and chips. They were happy to attend, excited to visit familiar places and savor the fabulous food and fond memories as they reminisced about the good times they had spent in Howth in the past. It was a lovely morning well spent with joy, laughter, and shared stories.

Special Acknowledgement

"Michael Connolly: A Promise Kept; A Legacy Walked!"

Michael Connolly, an 87-year-old great-grandfather from Sutton, currently a resident in CC Malahide, completed a remarkable 125km walk around St Anne's Park in Dublin to raise funds for cancer research. Inspired by his daughter Breege's recent cancer diagnosis, Michael—who has faced the disease himself—set out to walk the equivalent distance from his native Monaghan to Sutton. Initially aiming for 100km, he surpassed this goal, raising over €10,000 through his efforts. Supported by family, friends, and even local Gardaí, Michael's determination and community spirit have made a significant impact!

Herald

'I keep my promises' - hero Michael reaches finish line on 125km walk after daughter's cancer diagnosis



Michael Connolly reaches the finish line of his 125km walk in St Anne's Park

Enhancing Dining Experience
'Resident's Choice Saturday Special'
Recipe of the Month

Spaghetti Bolognese

By Eithne Fitzmaurice

'I got this recipe from my sister, who received it from an Italian chef while she was accompanying her husband on a work assignment in Fiji. It is a simple, easy-to-make, and delicious dish that I have adapted over the years to suit my family's tastes. I used to cook it quite often, as it was one of those rare meals that everyone enjoyed without complaints. I even taught my children how to make it, and now it is a big hit in their own households! '

Ingredients:

- 1 can tinned tomatoes.
- 6 mushrooms, sliced.
- Salt and pepper, to taste
- 1 soup spoon of ketchup
- Parmesan cheese, for serving.
- Spaghetti (enough for the number of servings)
- Fresh herbs – thyme and parsley, chopped.



Method:

Finely chop the onions and fry them on high heat in a large pan until golden brown. Add the minced beef along with a pinch of salt and pepper and cook until the meat is well browned. Pour in a bit of stock and let the mixture simmer for about 15 minutes. While it simmers, wash and slice the mushrooms, then add them to the pan and cook for another 5 minutes. Stir in the tinned tomatoes, chopped thyme and parsley, and the soup spoon of ketchup. Let the sauce continue to simmer for another 10–15 minutes, allowing the flavors to blend. Meanwhile, cook the spaghetti in a separate pot according to the package instructions until al dente, then drain. Serve the Bolognese sauce over the spaghetti and top with freshly grated Parmesan cheese.



Upcoming Events – June

Father’s Day

Sunday 15th of June, All Floors

Word Music Day, Live entertainment

Friday 20th of May 2.30pm 5th floor

Shake Rattle and Roll Jamboree, Annual Summer Party

Fridy 27th of May 2.00 pm, 5th Floor.

Special Days in May

May 1 – Bealtaine (Beltane)

- An ancient Gaelic festival marking the beginning of summer.
- Traditionally celebrated with bonfires, dancing, and floral decorations.
- Today, it's revived through Bealtaine Festival, a month-long celebration of creativity among older people across Ireland.

May 3, 1916 – Irish Times First Published as a Daily (non-political note)

- Although the Irish Times was founded in 1859, it became a daily paper in early May, reflecting growing literacy and a modernizing society.
- Notable for its literary and cultural coverage over the decades.

Regular Events

✚ Nail Care every Wednesday and Friday at 11.00am

✚ Catholic Service every Thursday 2.30 pm

✚ Hairdresser Tuesday, Thursday from 10.00am

✚ Men’s Movie Afternoon at 2pm

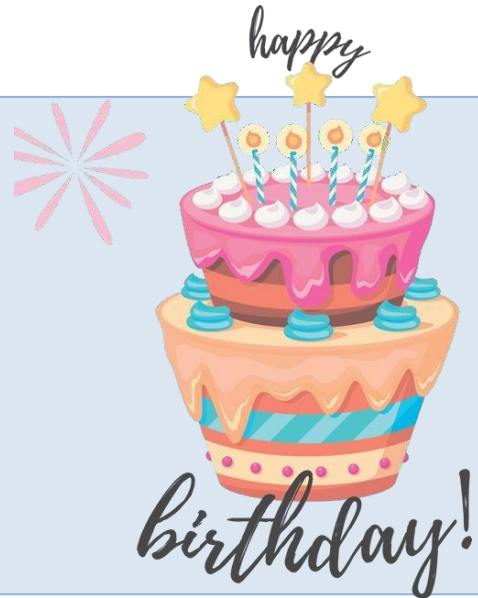
✚ Bingo! Every Monday at 2.30am

✚ River Voices Choir rehearsals every Tuesday at 2.30pm

May Birthdays

In May, we celebrated birthdays with 4 of our residents.:

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



A Birthday Wish

Another year, a brand-new start,
With joy and laughter in your heart.
May sunshine light your every day,
And happiness be here to stay.
So blow the candles, make a cheer—
Wishing you the best all year!



Poem to Share

The Lake Isle of Innisfree

by W.B. Yeats

I will arise and go now, and go to Innisfree,
And a small cabin build there, of clay and wattles made;
Nine bean-rows will I have there, a hive for the honey-bee,
And live alone in the bee-loud glade.

And I shall have some peace there, for peace comes dropping slow,
Dropping from the veils of the morning to where the cricket sings;
There midnight's all a glimmer, and noon a purple glow,
And evening full of the linnet's wings.

I will arise and go now, for always night and day
I hear lake water lapping with low sounds by the shore;
While I stand on the roadway, or on the pavements grey,
I hear it in the deep heart's core.



CASTLE

WORD SEARCH 1



Find the word in the puzzle.

Words can go in any direction.

Words can share letters as they cross over each other.

fortress

fort

mansion

palace

fortification

dungeon

tower

town

rook

manor

city

nobility

chess

keep

medieval

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