

CARECHOICE MONTENOTTE

MAY 2025

NEWSLETTER



Regular Events

Tuesday: Mass 1st Tuesday of the month

**Wednesday: Coffee morning @ 11am
Laughter Yoga &
Art Therapy on alternative
Wednesdays @ 2.30pm**

**Thursday: Bingo @ 2.30pm.
Hairdressers all Day**

Friday: Pub Afternoon @2.30

Saturday: Live Music @ 3.00pm

Quote of the Month

You do not find the happy life. You make it.
— Thomas S. Monson

Flowers Arrangements



Alzheimer's Awareness

By raising awareness and providing education about Alzheimer's disease—including teaching the symptoms to watch for and offering resources and support for those affected—it becomes easier to promote brain health, slow the progression of the disease, and manage its symptoms.



Origami Art

Origami, an ancient art form, offers a range of physical and mental health benefits—including improved fine motor skills and hand-eye coordination, enhanced brain stimulation and concentration, reduced stress, heightened creativity and problem-solving abilities, and an overall boost in mood and well-being.



Baking Afternoon

Baking outside is a way to enjoy the pleasant weather but also brings benefits including stress relief, promoting creativity, the opportunity to socialise and feelings of independence, among other things.



Arts & Crafts and Yoga Time



Hobbies, arts, and crafts can be an enjoyable pastime for older adults, but they also have numerous benefits, allow you to delve into colors and shapes, a medium to express emotions through visual art.

Older adults who participate in hobbies and other leisure activities can develop a sense of purpose and engagement with life, which can also benefit their physical, mental, and emotional health.



These activities are in addition to the regular events listed on the first page of this newsletter. Monthly activity calendars are available on every floor.

- ✚ 01/06 - 45 card games with Sabahat in Carlisle Dayroom
- ✚ 02/06 - Live Music with Amanda Neri and Mary Burke
- ✚ 03/06 - Darts Competition in Carlisle Dayroom
- ✚ 05/06 - Martins Music in the Oratory
- ✚ 06/06 - Scoil Bernadette Choir in Carlisle 11:30am
- ✚ 07/06 - Live Music with Joe O'Keeffe
- ✚ 08/06 - Baking Afternoon in Activity Room 1
- ✚ 10/06 - Filipino Celebration Day (TBC)
- ✚ 11/06 - Laughter Yoga at 2.30pm
- ✚ 14/06 - Live Music with Con Twomey at 3pm
- ✚ 17/06 - Nano Nagle Tour Afternoon
- ✚ 21/06 - World Music Day Celebration and Live Music with Pat Hurley at 3pm
- ✚ 29/06 - Live Music with Sarah @3:30pm
- ✚ 30/06 - Pub afternoon in Currabinny @15:00pm



LOOKING FORWARD TO SEEING YOU ALL