



— *ELM Hall Newsletter* —

A P R I L 2 0 2 6

Dear Families and Friends!

April has arrived, bringing longer and brighter days, and the feeling that spring is truly here.

Although the weather can still be a little unpredictable, we are hoping for more sunshine and many lovely moments spent outdoors. The gardens are slowly coming to life, and it is a wonderful time to enjoy some fresh air and gentle walks.

In this edition, we are sharing highlights from March and giving you a glimpse of the activities and special moments we are looking forward to in April.



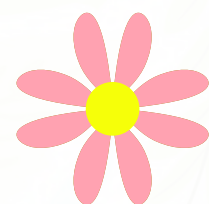
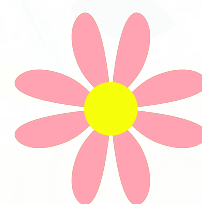
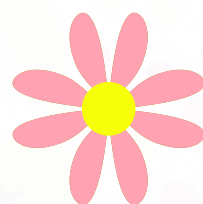
A Sweet Afternoon

for International Women's Day.

We celebrated International Women's Day in our home with a special afternoon tasting a variety of teas, cookies from around the world. While this day is to celebrate women, our wonderful men happily joined in too!

Residents had a lovely time trying different flavors, sharing their thoughts on the treats, and enjoying a moment of connection with each other. It was a wonderful opportunity to celebrate friendship, the simple pleasures of life, and the joy of being together.

MARCH HIGHLIGHTS





A Special Afternoon
for Mother's Day.

Mother's Day was a heartwarming occasion, celebrating the love, care, and kindness that so many of our residents have shared throughout their lives. This special day is not only for mothers, but for everyone who brings a nurturing spirit to those around them.

The afternoon was filled with laughter, conversation, and the joy of being together. Residents enjoyed tea and delicious cake making it a gentle and memorable gathering full of smiles and appreciation.

MARCH HIGHLIGHTS



Festive Fun for St. Patrick's Day.

St. Patrick's Day was a wonderful occasion at Elm Hall, with the house beautifully decorated in festive green, creating a cheerful and lively atmosphere for everyone.

We were delighted to welcome special guests, Ceoltas Ceoltóirí Éireann, whose performance made the day even more memorable. Residents enjoyed the music, special drinks, and tasty treats, coming together to celebrate Irish culture, share smiles, and enjoy each other's company.

MARCH HIGHLIGHTS





Poetic Moments at Elm Hall

MARCH HIGHLIGHTS

Poetry Day was a lovely and meaningful time for our residents. Many of them knew poems by heart and were happy to share them with the group. One resident beautifully recited the full poem “An Old Woman of the Roads” from memory, which was a very special moment.

We also enjoyed reading works by W.B. Yeats and Alice Taylor, along with a cup of tea and a little singing, making it a warm and enjoyable afternoon.



Easter Fun at Elm Hall

We will be enjoying an Easter-themed film on the big screen, giving residents the opportunity to relax, watch together.

On **Easter Sunday**, we are also looking forward to a little extra surprise... and who knows, the **Easter Bunny** might just make a visit with some chocolate eggs to share! It will be a fun moment, bringing smiles and a touch of Easter magic to the day.

Overall, it promises to be a warm and enjoyable time, filled with simple pleasures, togetherness, and a cheerful Easter spirit.

LOOKING AHEAD TO APRIL



Feeling Good on World Health Day.

LOOKING AHEAD TO APRIL

World Health Day is a perfect chance to add a little extra energy and freshness to our day! Residents will enjoy a variety of tasty and healthy snacks, including fresh fruits and vegetables.

We'll also get moving with a fun morning exercise session to start the day on a positive note. It will be a lovely mix of movement, good food, and feel-good moments shared together.

Burritos



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Build Your Own Burrito Day.

LOOKING AHEAD TO APRIL

As part of World Burrito Day, we are planning a fun and interactive afternoon! Residents will have the opportunity to create their own burritos, choosing their favourite ingredients and building them just the way they like.

It will be a relaxed and enjoyable activity, full of choice, creativity, and of course, tasty food. A great chance to try something a little different and enjoy time together.



Activities We Enjoy Every Day.

Our regular activities continue to take place and remain a very important part of daily life at Elm Hall. These familiar moments bring comfort, routine, and a sense of enjoyment to our residents each week.

Residents continue to enjoy favourites such as bingo, live music sessions with Peter, chair yoga, quiz games, and a variety of floor games. We also keep active with chair aerobics and “move to music” sessions, which are always full of energy and smiles.

In addition, our interactive games on the blue table remain very popular, offering both fun and gentle stimulation in a relaxed setting.

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DEAR FAMILIES AND FRIENDS!!!

We would like to wish You a very Happy
Easter. May this special time bring
peace, happiness, and moments of joy
with your loved ones.

Thank you for your continued support
and connection with Elm Hall.

Wishing you a lovely spring season
filled with hope and new beginnings.

Ania & Simon

