

Welcome to Three Corners

May newsletter



The first day of the month of May is known as *May Day*. It is the time of year when warmer weather begins and flowers and trees start to blossom. It is said to be a time of love and romance. It is when people celebrate the coming of summer with lots of different customs that are expressions of joy and hope after a long winter. Traditional English May Day celebrations include Morris dancing, crowning a May Queen and dancing around a Maypole.

We have re introduced externally sourced activities, as well as organising small mini bus trips out for a drive, fish and chips and icecreams.

Visiting will be increased to three a day, 10.00-14.00-18.00, please ring the home to book in. With up to 2 allocated people per resident. There's a feeling the tide is turning.



*THE STAFF WOULD LIKE TO WISH HAPPY BIRTHDAY TO*

*Olga wright 2<sup>nd</sup> may*

*Mark Furnival 16<sup>th</sup> may*

*Veronica Churchward 22<sup>nd</sup> may*

*Jerome Vivan 26<sup>TH</sup> may*

*Kerri will assist with any cards and gifts sent into your loved ones. All residents have a birthday cake with candles to blow out.*

Please note the cake is a fake and is not the one that shall be eaten due to standard infection control



## May Birthstone

• Emerald •



Thought to improve memory, faith, and intuition, **emeralds** are a symbol for constancy and true affection. Some cultures believe them to grant their owner foresight, good fortune and youth. The name emerald is derived from the Greek word 'smaragdus' meaning 'green'.

# Activites

*KERRI IS LOOKING TO GET SOME OUT SIDE ACTIVITES BACK TO THE HOME. (OUTDOORS ONLY)*

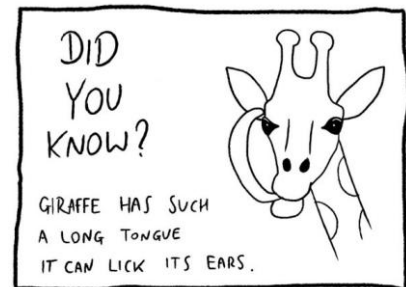
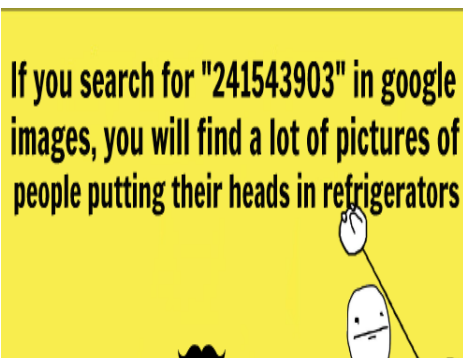
*With the weather getting better I have been given the go ahead on bringing some much-needed music and animal therapy back to the home this can only be done outside for the time being. But that's helping everyone get some fresh air to.*

*Kerri will also be arranging some rides out in the mini bus. We will be taking drives to pretty places and stopping for lunch on the bus.*

*Also, this month movie afternoons, games, quizzes, one to ones, gardening and bingo*

*Kerri is still available for video calls on what's app*

*Kerri is still also in need of old books and mags to start making scrap books with some of the residents. And also, any old items she can use for reminiscence. Old telephone, teapots, sewing machine, type writer or anything you may have laying around. Thank you*



### Did You Know?

We lose 6 seconds of visual information each minute from blinking. In a 150 minute long movie, our eyes are shut for 15 minutes.



### FUN FACT

All humans are born with a fear of loud noises and falling, the only 2 fears they are known to possess at the time of birth.

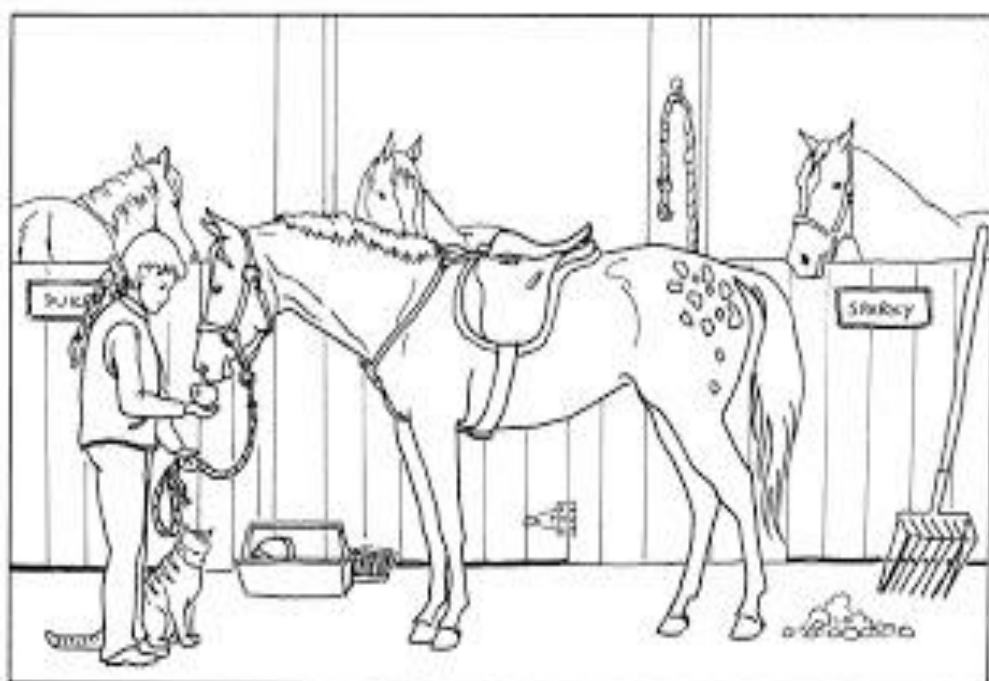
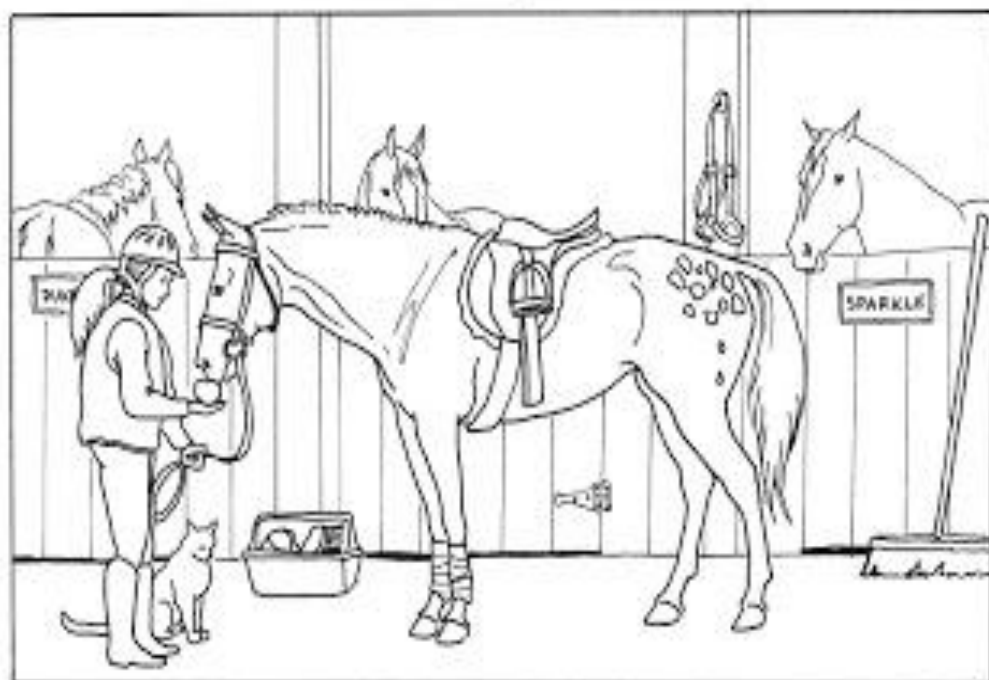


## Friday Fact.

A 60 minute massage is about the same as 7-8 hours of sleep to your body.



Can you spot 15 things that are different  
in these 2 pictures



# Physical Fitness

## Word Search

**DIRECTIONS:**  
Find and circle the  
vocabulary words in  
the grid. Look for  
them in all directions  
including backwards  
and diagonally.

ACTIVITY  
AEROBIC  
AGILITY  
BALANCE  
BODY COMPOSITION  
CARDIO  
COORDINATION  
DAILY  
DEHYDRATION  
ENDORPHINS  
ENDURANCE  
ENERGY  
EXERCISE  
FLEXIBILITY  
FREQUENCY  
HEALTH  
HEAT EXHAUSTION



HEAT STROKE  
INTENSITY  
MAX HEART RATE  
MUSCLE  
PROGRESSION  
RESPIRATION  
SPEED  
SPORTS  
STRENGTH  
TARGET HEART RATE  
THRESHOLD  
TIME  
TRAINING

<p>WHERE WHERE WHERE WHERE WHERE WHERE</p> <p><b>RAINBOW</b></p>	<p><del><b>SHOT</b></del></p>	<p><b>2TO</b></p>
<p><b>JUST</b></p>	<p><b>I E</b> C except</p>	<p>CCCCCCCC</p>
<p><b>PLAY</b> <b>WORDS</b></p>	<p>SHGETAPE</p>	<p><b>MONKEY</b> <b>RUOY</b></p>
<p><b>DR.</b> DO</p>	<p><b>FOO</b> <b>GNING</b></p>	<p><b>BU</b> kick <b>T</b></p>

# Pearls OF WISDOM



*It's impossible' said  
pride. It's risky' said  
experience. It's  
pointless' said reason.  
'Give it a try'  
whispered the heart...  
- Anon.*



*The pearl is the queen of gems,  
and the gem of Queens*



*Infection Control*



KEEP

CALM

AND

PRACTICE

INFECTIOIN CONTROL



# Staff News

Good buy and good luck to ollie

Kerri is trying to get a staff team together to do an exercise class with ben. Helping to keep staff fit and well.