

May 2022 |

# AMICA CARE TRUST

A Monthly Newsletter for The Orchards Residents



Written by Ruth O'Dea

May was a great month, we had some fantastic weather which helps us to spend time in the garden. The world always seems brighter when the sun shines on us.

## STORIES INSIDE THIS ISSUE:

**Activity time**  
**Birthdays**  
**Updates**  
**Staff awards**



## All things seem possible in May.



### Our May Activities

We have had such a fun packed May, the weather seemed to be on our side each time we needed it to be. Spending time in our beautiful garden is important for us, we have a lot of plans and work to get the garden looking good for the Trust Annual competition. We are again excited to be part of Crewkerne Trust in Bloom this year and bring colour to the local community.

We have been lucky, as we were last year to have received some lovely donations of flowers to enhance our garden.







We were lucky to have some very talented Morris Dancers visit us for an afternoon in May. Many residents said this brought back memories of when they were young. Of course the team at The Orchards could not help but join in. We had conversations about the May pole dancing and what this meant. Originally, the maypole was a living tree. Over time it usually became a tree trunk of the correct height, age, and type (usually pine or birch). Some say that the tree represented masculine energy, and the ribbons and floral garlands that adorned it represented feminine energy.

The Protestant Reformation put an abrupt end to the drinking and dancing that accompanied May Day in the Middle Ages. In 1644 maypoles were banned altogether in an Act of Parliament under the 17th century Protectorship of **Oliver Cromwell**. Dancing did not return to the village greens until the restoration of Charles II.





# Would you risk it for a biscuit

We decided to do a bit of art and what better way than to decorate biscuits, Brenda said her masterpiece was delicious.



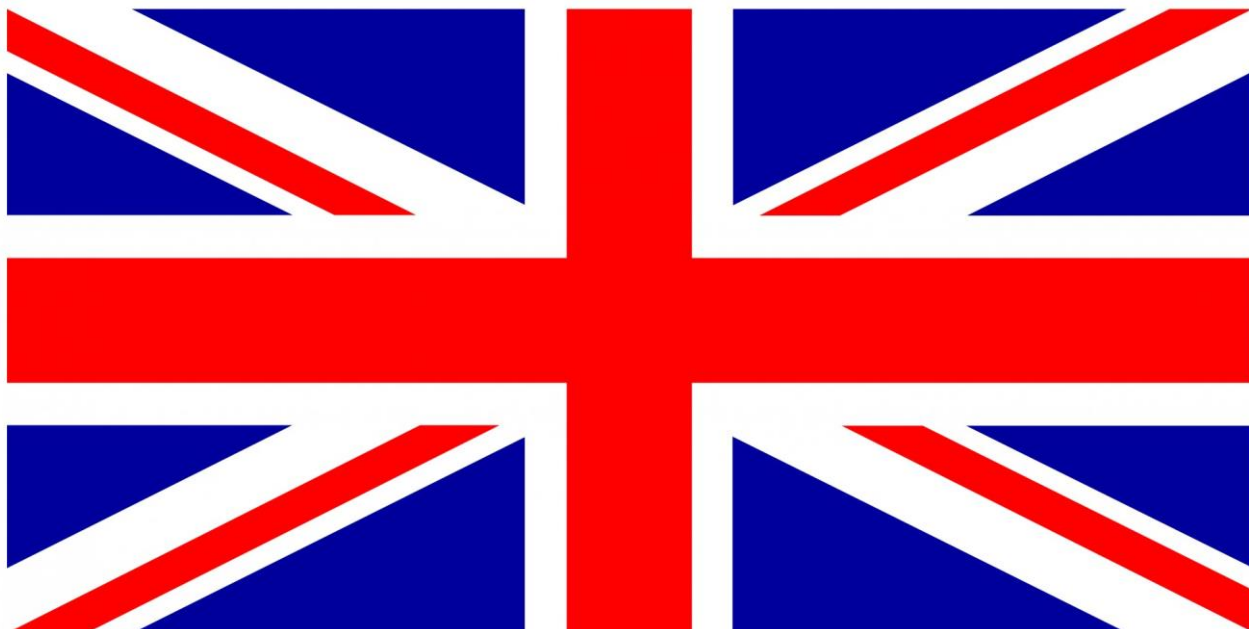




## **“Do not let what you cannot do interfere with what you can do”**

We always enjoy a bit of armchair exercises and a good excuse to get the pom poms out. We also enjoyed a game of skittles to get our heart rates up. To say those living at The Orchards are competitive is an understatement.





Our jubilee preparation was in full swing in May ready for our party. We really enjoyed making so many different things. We look forward to sharing more of these in our June addition





We would like to wish a Happy Birthday to our residents born in May. Those born in May have the lovely **Emerald**, as their birthstone. It has been beloved for millennia, evoking rebirth and renewal. Widely regarded as the definition of green, emerald is the perfect colour for spring.

April Birthdays

Annette

Brenda R







It is coming to that time of year again of the Trust Garden competition, this years theme is the Queens Jubilee. So we would love any donations of flowers or flower pots of red, white and blue to enhance the garden for us all.

**YOU CAN MAKE A DIFFERENCE**

***DONATE***





May marked International Nurse Day, here are a couple of our Nurses on the day receiving a small thank you.

