

## Valentine's Celebrations



We had a very fun-filled St. Valentine's Day here in Tara Winthrop Private Clinic. It was a sea of red with our staff kitted out in the colour to mark the occasion. The ladies got pampered with red nail polish and we had a lovely day together celebrating and sharing the love.

## A Busy Week



We had a very active week this week in Tara Winthrop Private Clinic - our activities included playing monopoly, doing some Arts & Crafts, and keeping our brains active with some puzzles. We also had lots of interesting chats, our Residents love to reminisce over times gone by, and we love hearing their stories.

## Creative Smoothies



There's nothing like a good smoothie to get in our 5 a day! We had great fun during the week deciding what ingredients to put into our smoothies and the best part was enjoying the variety of selections created by our Residents. Healthy AND tasty!!





### Bear & Doll Therapy

‘Bear & Doll therapy’ coupled with ‘relaxation sessions’ can be very beneficial for some of our Residents here in our Shenick Unit in Tara Winthrop; and of course we all love our "Nemo" who moved in with us a few months ago. He has become a very popular Resident here!!

### Nesting Boxes for our feathered friends

Our Residents have been very busy this week here in Tara Winthrop getting the Nesting Boxes ready for our garden. Lots of sanding and painting - it was a hive of activity. The nesting boxes will be lovely and colourful for our little feathered friends to enjoy.

### More Valentine's Celebrations

More Valentine's celebrations in Tara Winthrop Private Clinic this week. We had a lovely party for our Residents which was great fun - lots of laughs, dancing and of course plenty of treats!!

### St Brigit's Day

We got very creative this year for St Brigit's Day and made some beautiful art to decorate our Home, as well as a baking a lovely cake to enjoy with our evening tea.

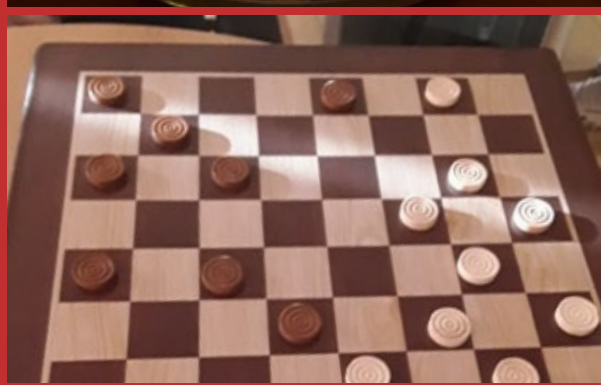




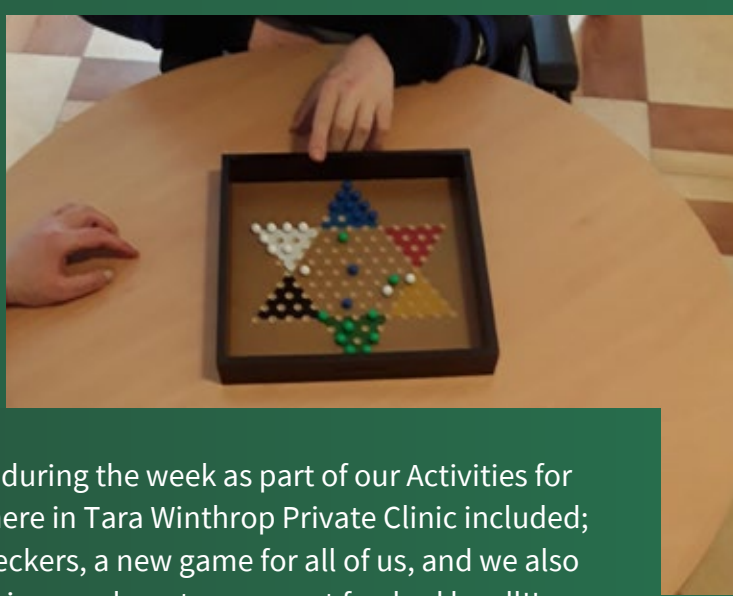
## A Fun Filled Week



This week in our Cinema Club in Tara Winthrop we watched 'Chitty Chitty Bang Bang', an old favourite. For our board games we learned a new dice game called "Left Right Venter" which was great fun. We also started a big jigsaw puzzle of the map of the world – a fun week all round!!



## Games Day



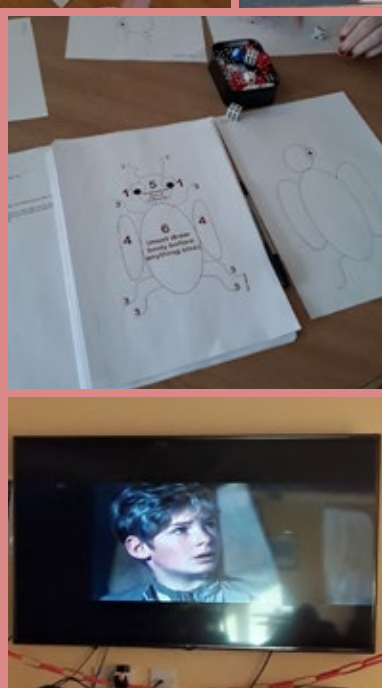
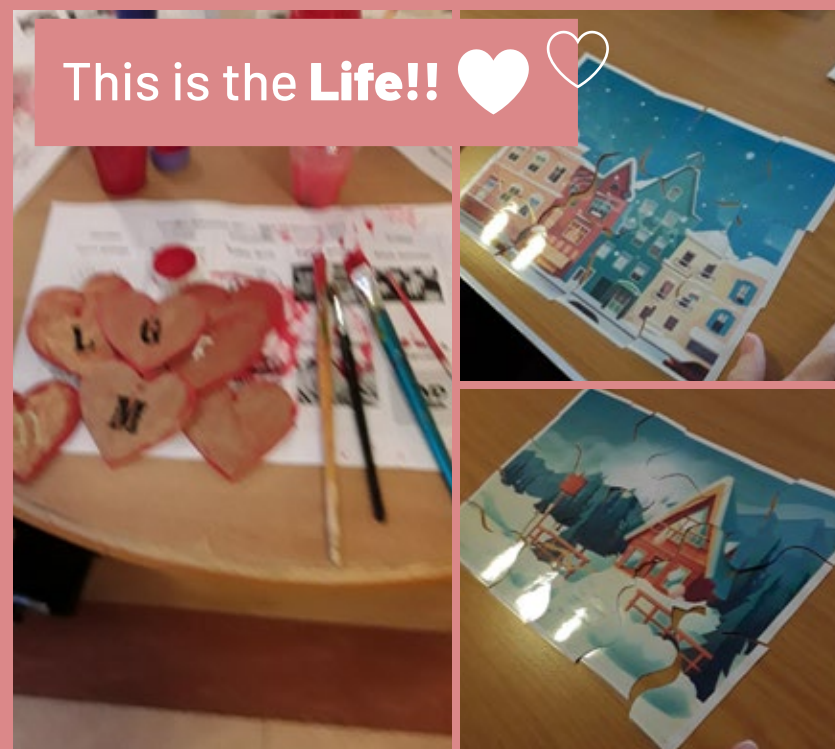
Games day during the week as part of our Activities for Residents here in Tara Winthrop Private Clinic included; Chinese checkers, a new game for all of us, and we also played dominos and pontoon - great fun had by all!!

## Cinema Day



For our 'Cinema Day' here in Tara Winthrop this week our Residents chose 'The Quiet Man'. We stocked up on popcorn and settled down to watch the movie for the afternoon. You can beat a good classic!!

## This is the Life!!



Our Tara Winthrop Residents and staff have been very busy this week. As well as preparing for Valentine's Day making personalised presents for our loved ones, we also learnt a new dice game called Beetle. We made a few jigsaw puzzles with winter pictures. Our 'Mindfulness Colouring Club' opened a little exhibition with our works, and on Friday we spent the evening by the warm fireplace watching 'Oliver' on the big screen and eating popcorn. This is the life!!



IF YOU KNOW SOMEONE LOOKING FOR NURSING HOME CARE,  
PLEASE ASK THEM TO CONTACT MICHELLE ON 01-4968744

