

Betty's Birthday



We had a busy month of birthday celebrations here in Nephin Nursing Home - Betty celebrated her birthday with her family as well as the Residents & Staff here in Nephin. She then spent the afternoon doing her favourite pastime - a jigsaw puzzle!! Happy Birthday Betty from all your friends here in Nephin!!

Evelyn's Birthday



This time it was our wonderful Resident Evelyn's turn to celebrate. Her choice of birthday cake was a beautiful cheesecake, which was very much enjoyed by Evelyn and all her friends here in Nephin. A fabulous afternoon was had by all.

Pat's Birthday



Pat turned 66 this month and we had a lovely time celebrating the occasion with lots of cake and a fun-filled afternoon of partying!! Happy Birthday Pat from all your friends in Nephin!!

Hugh's Birthday



Another birthday in Nephin Nursing Home - Hugh celebrated his big day with coffee cake and friends. He says he might be 87 but still feels 25, we all wish we could feel like that!!

Two Birthday Girls



We had two birthdays in a row this week. It was Marita's birthday on Monday and Sister Maura's birthday on Tuesday. Both ladies had a fabulous time celebrating with all their friends and we were delighted to be able to enjoy their celebrations with them. Happy birthday ladies from all your friends in Nephin!!

An **Afternoon** of **Music**



We had an afternoon of 'harp music' in Nephin Nursing Home and it was just wonderful. Harpist & Singer Aisling performed some well-known pieces that our Residents sang along to. We all thoroughly enjoyed this mini concert. Thank you to the very talented Aisling for the beautiful music.

Arts & Crafts



The theme for our Arts & Crafts workshop with guest Artist Tracey this week was 'Sheep'. Our Residents here in Nephin Nursing Home formed a production line and created lots of lovely sheep made out of wool, which are all now proudly displayed on a board for us to admire and enjoy.

Our **Homegrown** Veggies



Our wonderful Resident Maura was out doing a spot of gardening and picked some tasty beetroot and carrots which she gave to the chef to make some vegetable soup with.

Birds & Peace Art



'Birds & Peace' was the theme for our Arts Programme with guest Artist Tracey for 'International Day of Peace'. Our budding Nephin Nursing Home artists got to work to produce some fabulous artwork.

Exercise **Class**



This week our Residents were doing some leg exercises to keep the circulation going and the muscles toned - there was more talking and laughing than exercising ha ha!! But our Residents enjoyed it which is the main thing!!

Skittles **Fun**



Our Residents decided a game of 'skittles' would be good fun, so that's what we did here in Nephin Nursing Home, and what a laugh it was. More special funny memories made for our Residents & our Staff.

The **Great Outdoors**



We took advantage of the warm weather here in Nephin Nursing home and got ourselves out into the garden to get some exercise. Our residents just love spending time outdoors and getting some fresh air. We're very lucky to have such a nice space to enjoy regular walks.



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