

## The Joy of a Hand-Written Card



The joy of receiving a card from a loved one is written all over our Resident Jenny's face. The post arrived with a birthday card and lovely surprise all the way from Jenny's daughter in Australia - such excitement!! Never underestimate the power of getting a handwritten card or letter in the post.

## A Beautiful Mass



Being able to attend mass and receive holy communion is very important to many of the people that live in our care here in Tara Winthrop Private Clinic. It's so lovely to be able to have regular mass in our home again and this week we had Fr. Paul Thornton whom we would like to thank for the beautiful mass.

## Residents Choir



Following on from the success of the Tara Winthrop Private Clinic Residents Christmas Choir, rehearsals have started again and our Residents are preparing for some more performances. Singing allows older people to sing for fun while reaping the physical and mental benefits of a choir experience.



## Pamper Afternoon



There is nothing like getting the hair done and a bit of pampering and that is what some of our Residents decided on this week. Nora opted for a hairdo while other Residents went for the mini pampering session that included a manicure; listening to nature and birds sounds and enjoying the lavender diffuser. A mini pampering afternoon improves wellbeing, maintains healthy skin and de-stresses.

## Colouring Therapy



This is our lovely Resident Pauline who was enjoying a bit of 'colouring therapy'. She has been working hard to finish this picture and was delighted to colour the last piece. Well done Pauline.

## Green Fingers



Our Tara Winthrop 'green-fingered' Residents are delighted to be entering the 'growing' season again and already have started sowing the tomatoes and flowers seeds.

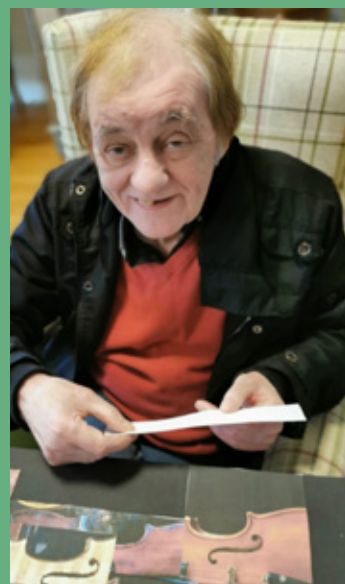


## Lots of Hobbies



There is nothing as rewarding as taking on a jigsaw puzzle, creating a piece of artwork or doing a spot of writing - and that is what our Tara Winthrop Private Clinic Residents love to do - all happily enjoying their own little hobbies.

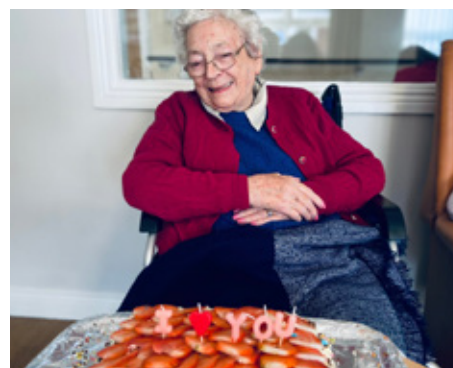
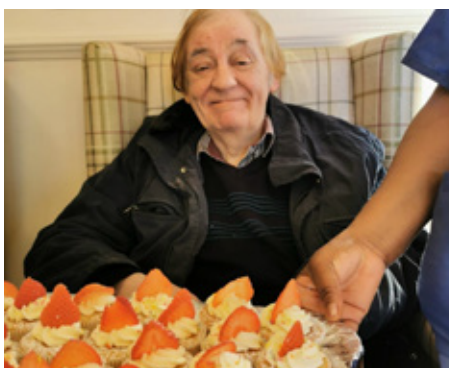
## A Work of Art



One of our Arts & Crafts projects this week in Tara Winthrop Private Clinic was to create a picture of a deconstructed violin so the production line got into full swing and the finished product is now hanging in our home to be enjoyed by all. Well done to our industrious residents for taking on and embracing this challenge.



## Valentines Celebrations



We had a wonderful Valentine's Day in Tara Winthrop Private Clinic. We had a Valentine's themed bingo with fabulous prizes followed by a wonderful cake from our Chef Jose, and the winning 'Love of The Year Award' went to Kitty and Tony who are husband and wife and live happily together here at Tara Winthrop Private Clinic. Love was definitely in the air!!

## The **Heart** of the **Winter Land**



Our Tara Winthrop Private Clinic Residents have started work on a new project called 'The Heart of the Winter Land'. The Residents decided to spice up the project with a little bit of colour and glitter and we think it looks very sparkly! Well done to our talented crafters.



## Baking Up a Storm



We decided to do a spot of baking in Tara Winthrop Private Clinic and we all know that chocolate chip cookies are the way to someone's heart!! Mary, Marie, Nora, Paul and Brian are pictured here baking up a storm.

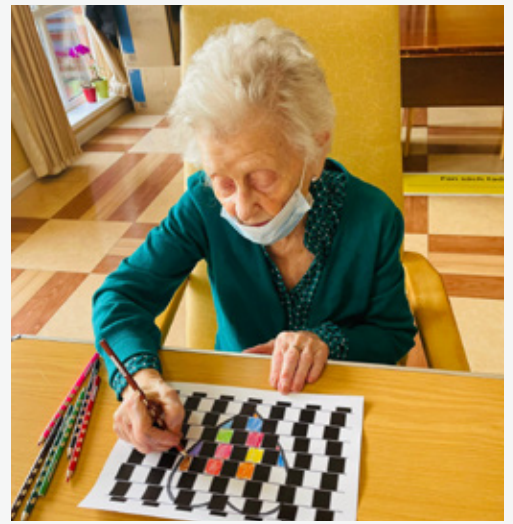
## Fun Activities



At Tara Winthrop Private Clinic one of our favourite exercise activities is tossing the balloon while listening to music. It improves our balance, builds strength and also helps our reflexes. The laughter, smiles and joy that fills the room make it irresistible not to join in. A perfect exercise at any age!!



## Valentine's Arts & Crafts



Love was in the air in Tara Winthrop Private Clinic as our Residents prepared for St. Valentine's Day by making lovely hand-made decorations for our home. On the production line were Nora, Marie & Mary. Thank you to our talented crafters.



**IF YOU KNOW SOMEONE LOOKING FOR NURSING HOME CARE,  
PLEASE ASK THEM TO CONTACT MICHELLE ON 083-4487451**

  
Grace  
Healthcare