

Happiness is



Happiness is..... Getting pampered and having a lovely cup of tea and a biscuit. Our Tara Winthrop Residents had a pamper day this week and it was lovely. The ladies chose what colour nail varnish they liked and the men were treated to hand massages. Very relaxing while having a cuppa and a chat.

Resident **Artists**



We have some very talented artists here in Tara Winthrop Private Clinic. Last week our wonderful Marie, Bogdan and Nora worked with our guest artist Tracey on this lovely colourful picture - that now hangs in our home to cheer us all up.

St Brigit's Day



St. Brigid's Day was on February 1st and celebrated Ireland's only female patron saint. Many people will be familiar with the popular tradition of making crosses in St Brigid's honour - and that is what our Resident's did this week.

Some had made them before - so were expert - and for some, it was their first attempt. Well done to all - we have many St. Brigid's Crosses here in our home.

Residents Committee



At Tara Winthrop Private Clinic we have Our Resident's Council where residents are able to have their say about how they want to live here in Tara Winthrop. Each Month they meet up with Staff to discuss their concerns and also have a chance to make suggestions and say something good about their life. After the meeting, the whole team works to make our residents' lives better.

Valentines **Arts and Crafts**



Love was in the air as our artistic Residents, with the assistance of our Activities Coordinators, made some beautiful Valentines Day Decorations - that were displayed in our home here in Tara Winthrop Private Clinic for all to admire and to got us all into the Valentines mood. Well done to our artists!!



Valentines **Bingo Bonanza**



We had a Special Valentine's Bingo Session - it was such a fun afternoon and everyone took part. James & Mary had their heads down for a full house!! , Nancy was delighted with her Prize and Desmond had a bright smile after winning. Pauline was having a fabulous afternoon and flashed us her winning smile. There were lots of winners and everyone enjoyed their prizes.



Pontoon **Fun**



Our Card players, in Tara Winthrop Private Clinic, love nothing better than playing a game of Pontoon. The objective of the game is to collect cards with a face value more than the banker's, but not exceeding 21. Lots of poker faces around the table as they try and beat the banker.

Betty's **Birthday Celebrations**



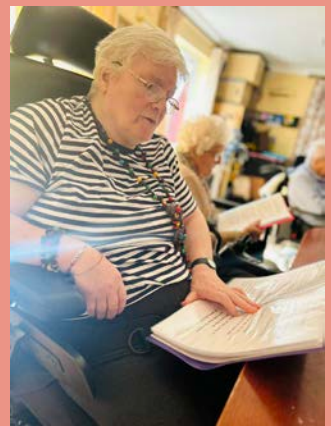
The wonderful Betty celebrated her birthday in style and her handsome husband was here too for the celebrations. Lots of singing of Happy Birthday and of course there was scrumptious birthday cake that was shared with all and enjoyed with a lovely cup of tea. Happy birthday Betty from us all here in Tara Winthrop Private Clinic.

Margaret's **Birthday Celebrations**



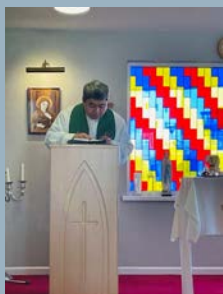
We celebrated the wonderful Margaret's birthday. She had a great day & was showered with love from her family and friends here in Tara Winthrop Private Clinic - Margaret has been living in our care here for 21 years. There was lots of singing of Happy Birthday, a scrumptious cake, cards & gifts - befitting for a special lady. Happy birthday Margaret!!

Choir Practice



Choir Practice in Tara Winthrop Private Clinic as we prepared for the Easter Ceremonies. As they say, 'practice makes perfect' and our dedicated choir are almost pitch perfect at this stage.

Mass at Tara Winthrop



This week our Tara Winthrop Private Clinic Choir were in fine voice at Mass, that was held here in our home. Also in fine voice was our Pauline, who is our regular reader at mass.

Many of our Residents love to be able to attend Mass - and it is always very special with our Choir singing favourite hymns and of course, thank you to Fr. Joseph who celebrated the mass this week.

Lighthouse Collage



As part of Lent, we created this Lighthouse Collage with Tracy our Art Teacher at Tara Winthrop. The Lighthouses are to symbolize lighting up our memories of things we have given up for Lent in the past and what we would give up now. It was nice to paint and reminisce



To Celebrate World Wildlife Day which is Fri, March 3, 2023, we created a leaf collage with Tracy our At Teacher at Tara Winthrop Private Clinic. Yvonne, Marie, Nora, Paul, and Brian were our talented artists who each completed a leaf. We love working on group projects and the artwork brightens up our home.

Great **Bake Off**



Meet the fabulous residents from Tara Winthrop Private Clinic who were flat out baking to help raise funds for Great Irish Bake Off for sick children in Crumlin, Temple Street, Tallaght, and Connolly hospitals.

St Patrick's **Arts & Crafts**



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