

Chairobics



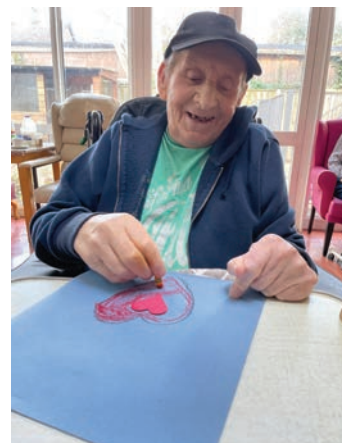
We have a very fit lot here in St. Glady's Nursing Home who are always ready to engage in our activities programme and this week the exercise regime included 'Chairobics'. Touch those toes girls! We also have an exercise bike that gets lots of use too. No hanging about here! We are very proud of our Residents

St Brigid's Day



Our lovely residents were busy making crosses in honour of St Brigid's Day. Gladys, Mary, Aideen, Maureen, Sheila, and Olive were delighted with their crosses which are supposed to protect our home from fire and offer us protection.

Valentine's Day



We had such a lovely Valentine's Day in St Gladys' Nursing Home, with cards, roses and chocolates, and a lot of Love. Some of our staff also joined in to celebrate Valentine's Day, they participate in our Valentine's quiz which was a lot of fun and we sang lots of romantic Love Songs.



Pancake Tuesday



Pancake Tuesday at St Gladys' Nursing Home was a tasty affair. We were so thankful to our chef Robin for making them for us. They were simply delicious!!

Glady's **Birthday Celebrations**



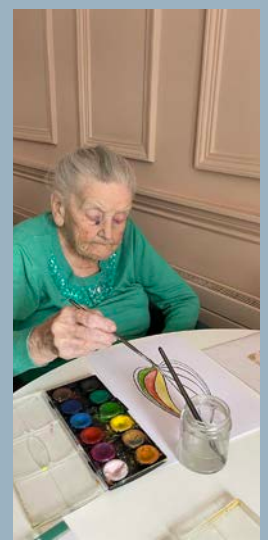
We had a very special birthday celebration recently - the lovely Gladys celebrated her 91st birthday in style with a beautiful birthday cake, and lots of cards & gifts. She was delighted to be presented with her cake and blow out her candles. Happy Birthday from the team here in St. Gladys' Nursing Home.

Margaret's **Birthday Celebrations**



We had a wonderful birthday celebration here in St Gladys' Nursing Home - the lovely Margaret celebrated her birthday and was delighted when Louis brought in her Cake. It was a fabulous afternoon and Margaret had a wonderful time. Happy Birthday Margaret from all of us here at St Gladys' Nursing Home.

World Wildlife Day



On World Wildlife Day on March 3rd, our artistic Residents were working on an art piece to celebrate the occasion. Well done to all involved.

International Woman's Day



We had a wonderful day in St Gladys's Nursing Home celebrating International Women's Day. We made some art inspired by occasion and in the afternoon we went shopping for some flowers. A fabulous day all round celebrating all the wonderful women in our lives.

St Patrick's Day



On St. Patrick's Day we had a right ole 'hoolie' here in St Gladys's Nursing Home. The music was provided by the very popular music man, Mikey, a firm favourite of our Residents & Staff. Our Chef & the Kitchen Team pulled out all the stops and served wonderful food with some deserts in the colours of the Irish Flag. Our Residents & Staff had a fabulous St. Patrick's week & weekend, with lots of new lovely memories made.



The **Great Outdoors**



Our St. Gladys's Nursing Home Residents just love to be outdoors, and as we welcome the season of Spring and the change in weather, everyone is keen to head for the garden to stretch the legs and enjoy the fresh air.

LOKRA



We live in a wonderful community here in St. Gladys's Nursing Home. Each year the fabulous LOKRA create something special to bring the community together - creating artwork that is hung on the railings along the length of Kimmage Road Lower, from the KCR to McGowans Pub. Our Residents are always invited by LOKRA to view the artwork and enjoy the outdoors (weather permitting) which it did this year. Pictured here are some of our Residents admiring the LOKRA artwork and enjoying a walk.

Living Shamrock



Just in time for St Patrick's day, our St Gladys' residents received a lovely gift of shamrocks from Living Shamrock. We were so thankful for their lovely gift and put one up in each resident's room.



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