## Yoga Fun





Last week our Residents enjoyed a yoga session with Jayne Boylan - all were both relaxed and energised after the session. Yoga has been noted one of the best forms of exercise for older adults. Over time it can improve flexibility and balance, enhance strength and boost your mood.

#### St Brigid's Day







Our Activities Coordinator, Fiona, gave a masterclass on making St. Brigid's Crosses to our College View Nursing Home Residents who were very attentive students. We think they did a great job!!

#### **Talented Crafters**



Love was definitely in the air here in College View Nursing Home as our 'crafters' made lovely Heart Decorations for Valentines Day 2023. We think they did a fabulous job - well done to the talented ladies.

# Valentine's Day **Party**



















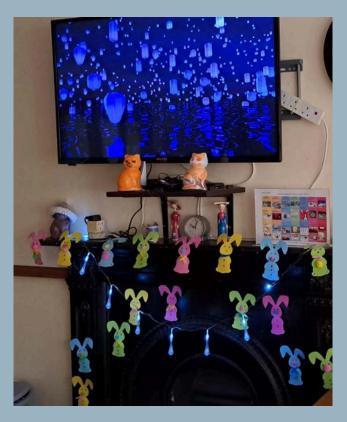






We had a wonderful time at our Valentine's Day Party in College View. Love was in the air, it was just wonderful and our Residents and Staff had a great time. No 'Valentine's Party' would be complete without a fabulous entertainer, Billy, who sang all the old greats as well as many 'love songs'. It was a wonderful party with lots of new special memories made for our Residents and Staff.

## Sensory **Morning**







'Sensory Morning' and they enjoyed it very much. Sensory stimulation is the activation of one or

#### Betty's Birthday Celebrations



## Donal's Birthday Celebrations





We had another birthday boy at College View Nursing home - Donal who was delighted when Linda presented him with his cake. Happy birthday Donal from us all here in College View Nursing Home.

# Resident Bakers



Our College View Bakers were busy baking soda bread & treacle to be enjoyed at our St. Patrick's Day Party. Between weighing the ingredients, mixing and kneading the dough and preparing it for the oven, it was a team effort. Well done to our industrious Residents.



Between St. Patrick's Weekend and Mothers Day, our Residents were partied out here in College View Nursing Home. Our fun residents did not hesitate to put on the shamrock to mark the occasion and as usual, our Chef and the team in hospitality pulled out all the stops to prepare some fabulous treats including a delicious St. Patrick's Day cake.





### Students of St. Bricin's College



The Residents and Staff welcomed Home to sing for our Residents and we all enjoyed the singing very much.





## All Glammed Up









#### **Easter Decorations**









What do you think of our fabulous Easter Decorations made by our artistic College View Nursing Home Residents. We think these cute bunny rabbits are just lovely and are extra special because they are hand-made with love. They were displayed around our home in advance of Easter 2023 Well done to all involved.



