



Soaking up the Sun



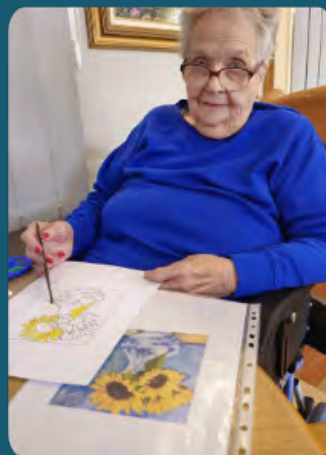
Another beautiful day spent outdoors at Tara! While there was no ice cream this time, there was plenty of sunshine, sun cream, and sun hats to keep everyone safe and smiling.

Art & Apples



A look back at Nursing Homes Week 2025 and its theme “A Taste of Home”, when our residents combined two simple joys – creativity and comfort. A lovely afternoon filled with colour, conversation, and of course, a taste of home.

Creative Expression **Through Colour**



Our recent art class was a fabulous burst of creativity and connection, as Residents explored self-expression through colour and brushstrokes. A big shoutout to Bogdan, Marie, Iris, Kathleen, Paul, Tom, Michael, and Audrey, who each brought their own unique flair to the canvas.

Mass with Father **Joseph**

We are always so grateful to welcome Father Joseph every second Thursday to celebrate Mass with our residents — a cherished time of prayer, reflection, and community.

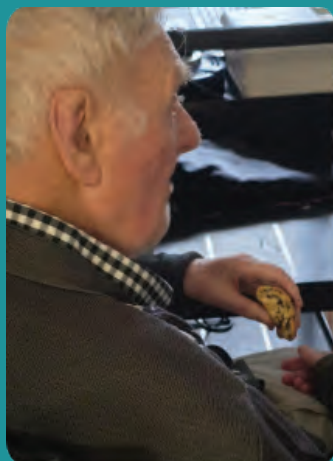


Morning Strolls

No hanging about for our fit and active residents! When the weather plays along, they love heading out for an early walk in the garden — the perfect way to start the day with fresh air, gentle exercise, and plenty of smiles.



Resident Bakers



Our residents enjoyed a wonderful afternoon of chocolate scone baking in the Recreational Room. A big shout-out to Kay, Christina, Patricia, and Marie who baked up a storm with the help of our team – and to Patrick, who certainly enjoyed sampling the delicious results!!

Ice-cream Party



Here are some lovely moments of our residents enjoying the sunshine and a well-deserved ice cream outdoors. There's nothing quite like a sweet treat and fresh air on a warm summer day. Laughter, chats, and happy smiles made for a perfect afternoon in the garden.

Pamper Day



While the rain poured outside on Friday, our residents enjoyed a wonderful Pampering Day indoors. The activity room was filled with smiles as everyone was treated to make-up, nail care, and a touch of glamour.

Onam Celebrations



Our staff and residents came together to celebrate Onam, the traditional harvest festival of Kerala, India. Onam is often called the festival of flowers — a joyful time of togetherness, dancing, and decorating with colourful blooms. Our home was beautifully transformed as residents and staff created floral displays, shared stories, and enjoyed the spirit of celebration. This was a different experience for many of our Residents, and they loved it - their smiles said it all!!

Lunch Trip to Malahide



There was great excitement at Tara Winthrop Private Clinic as we headed off on a trip to Malahide for lunch. From the moment the bus arrived, there was a real buzz — our residents were full of smiles, stories, and anticipation for a lovely day out. The joy of boarding the bus, watching the world go by, and sharing a delicious meal together in beautiful Malahide made for a truly special outing.

Knitting Corner



Morning activities at Tara Winthrop Private Clinic always bring plenty of fun, laughter, and connection. Some residents enjoyed an Art Session while others enjoyed a pampering session. It's these everyday moments of joy that make life at Tara Winthrop so special.

Staying Active



Every Monday, our residents take part in Siel Bleu exercise sessions, a brilliant way to stay active, build strength, and share some laughs together.

Creativity in Full Flow



Our residents recently enjoyed a relaxed and joyful art session, with creativity flowing both in groups and during some peaceful solo time. There's nothing like a splash of colour, good company, and of course—a cup of tea and a biscuit—to inspire the imagination!



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


Grace
Healthcare