



Keeping **Fit**



Keeping active is all part of daily life for our residents here in Tara Winthrop. From a bit of fun arm-wrestling to energising exercise sessions with our fantastic Siel Blue trainer, our Residents embrace every opportunity to keep the body moving and the spirits high.

A Moment of **Comradery**

Pictured here are Thomas and Robert browsing a book about the Titanic and sharing stories, insights, and a few laughs along the way.



Celebrating Long **Service**



On Friday, January 23rd Grace Healthcare Ireland Management Team celebrated colleagues who have dedicated many years of service to caring for residents across their 10 nursing homes in Ireland.

Christmas Pudding **Preparations**



After lots of hand washing and careful sorting of ingredients, our wonderful residents, with a helping hand from our fantastic staff, rolled up their sleeves to prepare Christmas puddings.

Happiness

Happiness is - enjoying an art session!!



Games Night



Our residents put their skills to the test with a game of Mastermind while keeping a close eye on the action of those playing poker!!

Festive Fun



Our Residents getting into the festive spirit over Christmas with carol singing, karaoke and dancing, and some delicious mulled wine to keep everyone warm. It was a fabulous celebration filled with laughter, music, and Christmas cheer.

Fun Activities



Our residents have been busy with lots of fun activities here in Tara Winthrop. From bingo, always a favourite and a serious business, to boards games, to exercise classes with Siel Blue, there is always something fun to do.

Grace Healthcare **Heart Awards**



We were proud to congratulate Rodrigo Silva Dos Reis and Jose Kandathil on receiving a Grace Healthcare Heart Award. The awards celebrated staff recognised by their peers for their compassion, professionalism, and commitment to residents.

Spreading Love at **Tara Winthrop**



Our talented residents got crafty, making beautiful Valentine's cards for their loved ones. From cutting to colouring, every card was made with love!



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

