



Busy Bees



Our residents enjoy a wide range of activities herein Tara Winthrop —whether it's keeping up with the world, expressing creativity, or simply sharing a smile with friends.



Keeping Fit



After an energetic exercise session with Siel Bleu Ireland, it was wonderful to get outdoors, stretch the legs, and enjoy some fresh air and sunshine. There were plenty of smiles along the way as residents took in the surroundings and enjoyed the moment together.

Quiz Time



We had a fantastic time when our residents took part in the Grace Healthcare Nursing Homes Group Virtual Quiz. With 6 rounds and 10 questions in each, there was plenty of excitement, laughter and great team spirit among our residents and staff.

Culinary Excellence at Grace Healthcare



On Thursday 12th March, Executive Chef Jose brought together the talented chefs from all 10 Grace Healthcare Ireland homes for an inspiring Culinary Day at Blenders Development Kitchen in Tallaght. The day kicked off with a tour of Blenders' production unit — seeing how their sauces and condiments are made. Chef Paul Bloxham, Culinary Director at Avendra International, shared insights on culinary trends, sustainability, and menu planning. Chef Ronan Fox gave creative ideas on reducing food waste. Chef Jose highlighted the philosophy behind Grace Healthcare's catering approach.

A huge thank you to all our chefs for their dedication and passion — you make a real difference in our residents' lives!

Residents **Spa Day**



Our Residents were treated to a wonderful Spa Day over the weekend. There was plenty of pampering as residents enjoyed a relaxing and fun-filled experience together. From beauty treatments to a cheerful make-up session, it was a day of feeling good and being spoiled.

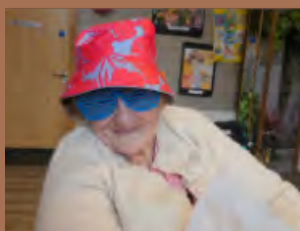
Resident **Artists**

Painting remains a favourite activity among many of our residents, providing a calm and creative way to spend time together. In this collage, we're delighted to share moments from our recent painting session featuring Michael, Sandra, Tom, Eileen, Annette, and Olive.



Residents Tex-Mex themed dinner

Our Residents and staff enjoyed a fantastic Tex-Mex themed dinner recently, bringing a little Mexican sunshine to the evening. The menu was packed with flavour – from tasty pulled pork tacos and cheesy nachos to delicious mains like pollo assado, enchiladas montadas and arroz rojo, finishing with sweet treats including tres leches cake.



Positive Vibes Choir Concert



We were delighted to welcome the wonderful Positive Vibes Choir for a very special concert recently. Our residents thoroughly enjoyed an afternoon filled with music and song. The choir created a warm and vibrant atmosphere that had everyone clapping, singing along, and enjoying themselves.



Staff Appreciation Day



We were delighted to celebrate a Staff Appreciation Day recognising the dedication, compassion, and hard work of all our team members here in Tara Winthrop. It was a fantastic occasion shared with colleagues across the Home, with special thanks to Riognach Murphy, CEO, who joined us on the day, took part in the celebrations, and presented staff awards in recognition of their ongoing commitment to high-quality care.

The day was filled with enjoyable activities, including staff games, a photo booth, fabulous food and wonderful music, as well as moments of calm through mindfulness and guided meditation.

International Nurses Day



We proudly celebrated International Nurses Day 2026 here in Tara Winthrop and honoured our incredible nursing team for their compassion, dedication, and outstanding care.

Our residents got involved in a very special way by creating beautiful handmade signs to show their appreciation and gratitude — a heartfelt gesture that meant so much to our nurses.

To mark the occasion, management also treated our nursing team as a small token of thanks for the incredible work they do every single day.

Easter Celebrations at Tara Winthrop



We were delighted to welcome a very special guest – the Easter Bunny – who brought smiles, laughter, and plenty of festive cheer to our Residents and staff! With plenty of sweet treats on offer, it was a day full of happiness and springtime magic.



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

