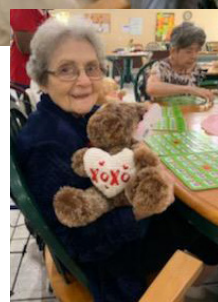


Newsletter



Time for a morning ride

Each week we're excited to board the bus for our "mystery" van ride and take in the area sights.



Laughter is the Best Medicine

We love when Nancy Johnson (aka the Laughing Lady) visits. Nancy encourages us to smile and laugh and make positive choices each day for a healthier and happier life. She says, "If you can start each morning with a smile and a giggle or laugh, you are on the way to a more positive day!" What better way to reduce stress than having a good laugh. As we always say, life is better when you're laughing. Thank you Nancy!

Relaxing and enjoying the music



We Love our crafts and BINGO

Taking part in bingo can have a very positive effect on your mental wellbeing, and there are many studies to back this up. When you play bingo, you're exercising your brain to boost your cognitive function and improve your memory, both of which have a lasting positive impact. Crafting lessens a patient's anxiety, reduces feelings of isolation and brings about a general feeling of happiness.

Saint Patrick's Day Puzzle



L G N P I P A H L C S S F H T Y F C J I
A R U D J A C N I U Y H O I R G A J R Y
V E A Z N R Z F N Z K L A A V B K I S D
I E H H A A D S N A Y E N M B D S C D D
T N C M Y D L O T T L O W A R H C D I A
S C E N E E G E R N I S G A N O Z W U P
E L R G O S H I R S I E O A D I C R R C
F O P F I C N R S I P A T F B D F K D I
N T E M I I A I B S F I S I U Z I X Z T
A H L A T J M E M N O O G N Q L A N W S
I I M Y J U W N D N G N C C O B S F G A
T N R A D N E L A C L A C I G R U T I L
S G S L A V E L P O H S I B L A T M E P
I P C I L O H T A C N A M O R B X A J R
R H O B F O F E E B D E N R O C U K P S
H J B B L A R N E Y S T O N E Q V P S G
C P M I H Y N I J F L I Y V W P Y U E F
B N D N W T Q Z M M A R D I G R A S E R
B A I L E Y S I R I S H C R E A M U H H
Y Y I L V P O I Z Y I Z D D A G P P O F

ANNALS OF ULSTER
BAILEY'S IRISH CREAM
BISHOP
BLARNEY STONE
CABBAGE
CHRISTIAN FESTIVAL
CORNEB BEEF
DEACON
DRUIDS

GREEN CLOTHING
HOLY TRINITY
IRISH NATIONAL HOLIDAY
LEPRECHAUN
LITURGICAL CALENDAR
LUKE WADDING
MARCH
MARDI GRAS

MISSIONARY
PARADES
PATRON SAINTS
PLASTIC PADDY
REPUBLIC OF IRELAND
ROMAN CATHOLIC
SHAMROCK
SLAVE