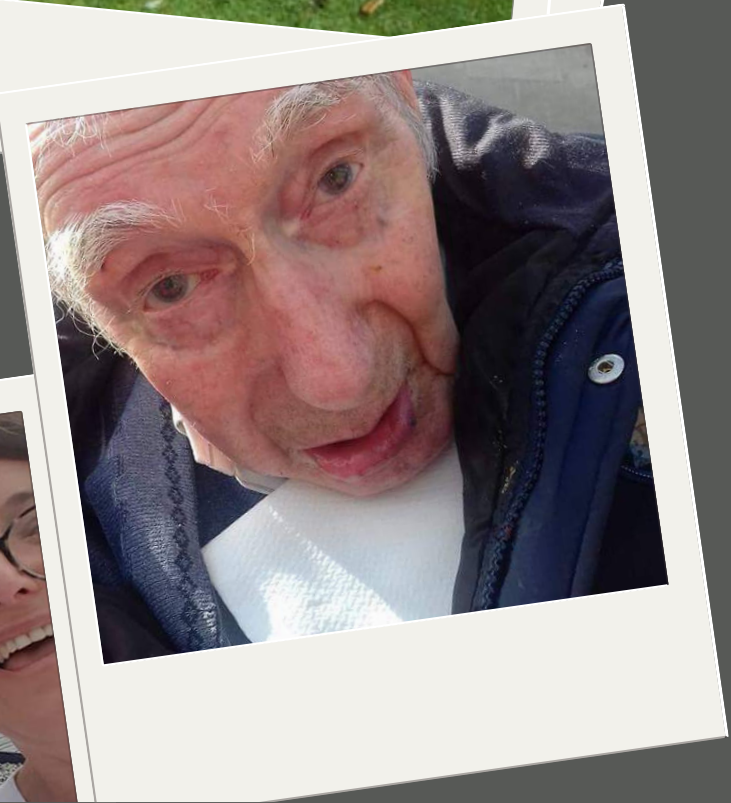




# Enjoy every moment

## SUNHILL NEWSLETTER 2018





## Welcome to our newsletter

We have had a very busy 2017 and in this newsletter we have just captured some of them moments and what we plan to do in 2018. We have tried something new and kept some of the old favourites . New activities including breakfast club every friday morning has proven very popular , the sunhill beauty parlour, furniture painting and revamping, sewing club, gardening club, quilling and button art to name but a few .



66



Our trip to tankardstown house where Eleen found a Mr.Tankardstown ( she had a twinkle in her eye)



Nursing home week has become one of the weeks we really look forward to and this year was no exception. We opened this year with music from the amazing tenor Eugene Ginty , beautiful cakes by the Brown Hound in drogheda followed by a vintage tea party in the garden . The week continued with a scavenger hunt, fit for life olympics, spinning wool with Aine, a visit to oldbridge house and gardens , garden parties and the beavers visited us to plant some summer boxes and cook some cupcakes .

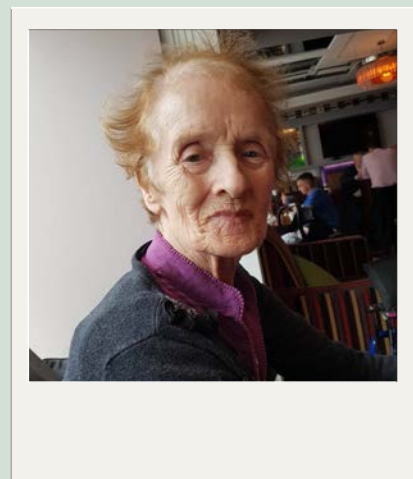




WISH LISTS.... WOW WHERE JUST AMAZING, WE WILL NEVER FORGET THE TIME WE HAD AND THE MOMENTS WE SHARED WITH OUR RESIDENTS

This year we asked each resident what they would like to do or where they would like to go as part of there wish list. As this was something new we did not know where it would take us or how we where going to achieve it but we did .

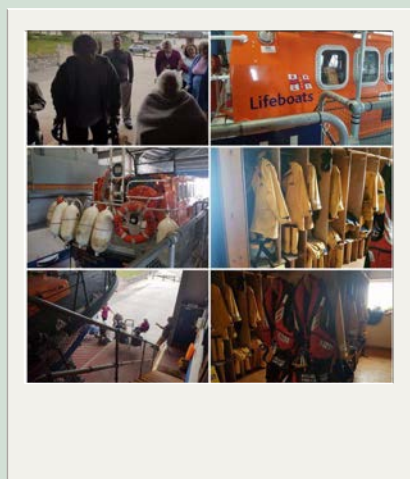
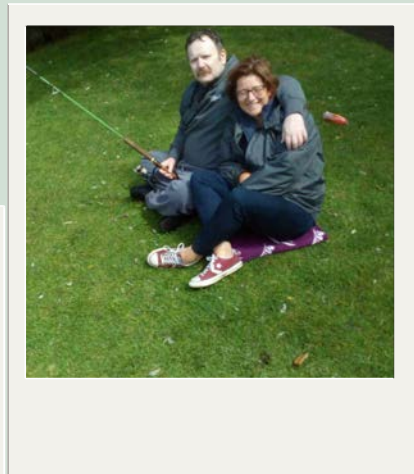
Wishes varied from a posh afternoon tea to tankardstown house in county meath with a group of ladies . We each wore our summer hats dressed up and off we went . It was just amazing little sandwiches and cakes all presenteded to us on vintage china. A memory that will never be forgotten .



We had a fishing trip with the lads on a sunny wet day but no one seemed to notice . Packed sandwiches and tea , sitting on blankets by the pond and the world just passed us by . ( the fish lived another day .as we did not catch any )



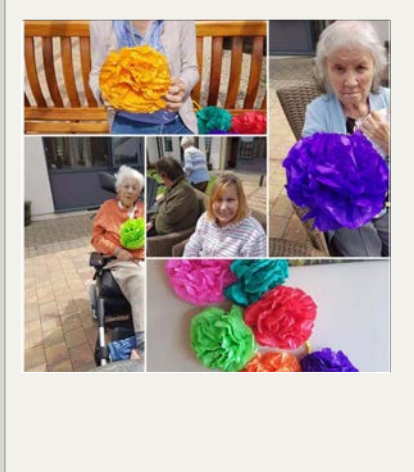
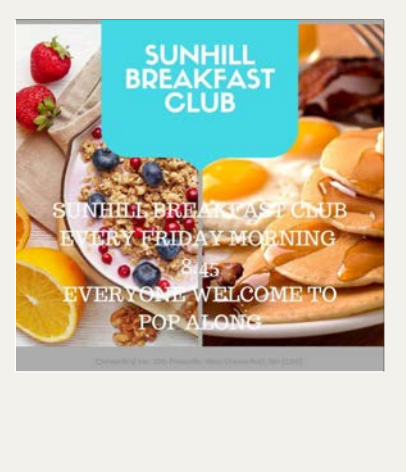
We had trips to Dublin zoo, morning coffee and scones in Listoke gardens, a trip to Bettystown beach which will never be forgotten , a day for remembering family at the botanical gardens in Dublin, shopping trips to drogheda for some of our local ladies with a little dinner in the Westcourt and cakes from the moorland cafe. A trip to Dublin and a walk around st. Stephens green some site seeing and the train home .



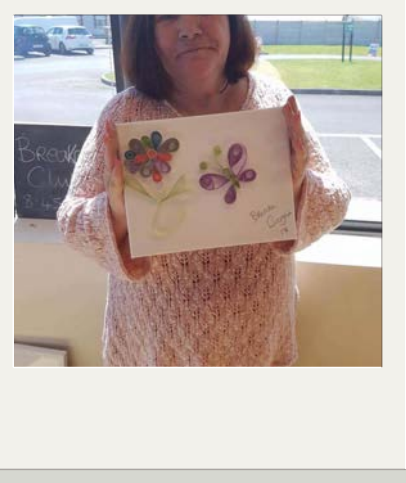
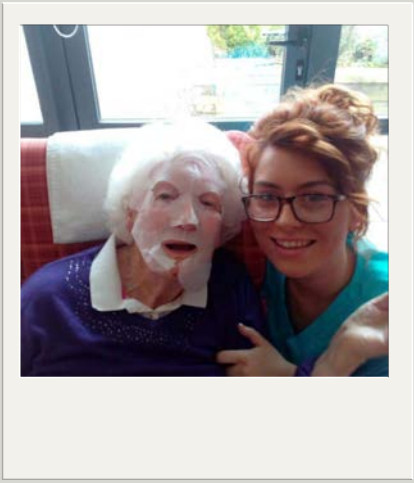
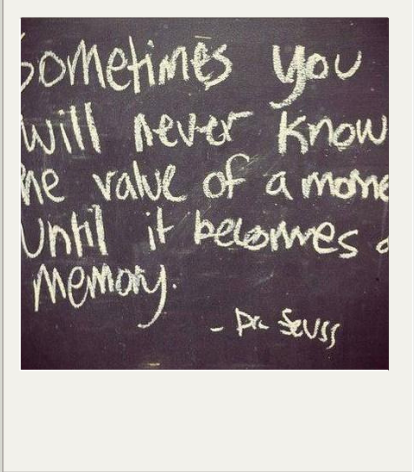
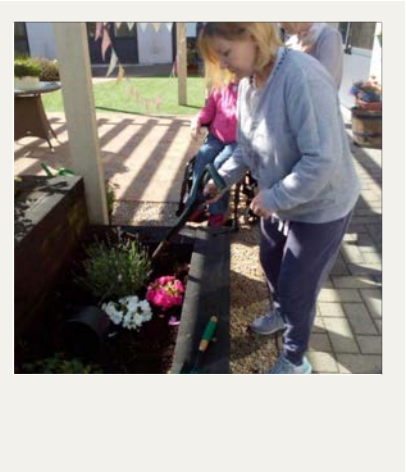
# Some of the new activities we have done

- Breakfast club
- Gardening
- Furniture painting
- quilling
- Giant flower making
- Baking
- Sewing club
- Curry nights
- Bumper bingo
- Art on canvas
- Button art
- Glitter art

something  
old and  
something  
new



- Memory photos
- The great sunhill bake off
- The beauty salon
- Sonas
- Life stories
- Wish lists
- We revamped the pantry



WE COULD GO ON AND ON WHAT A YEAR

# Friends we made



Majella has a new man



Nathan has a new set of  
groupies





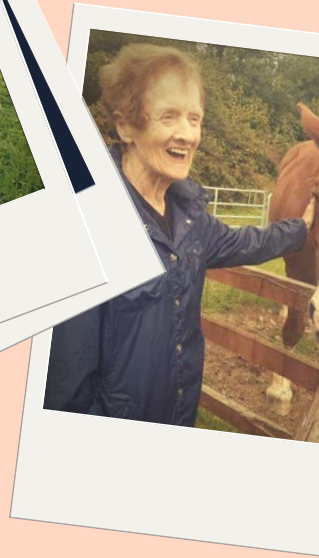
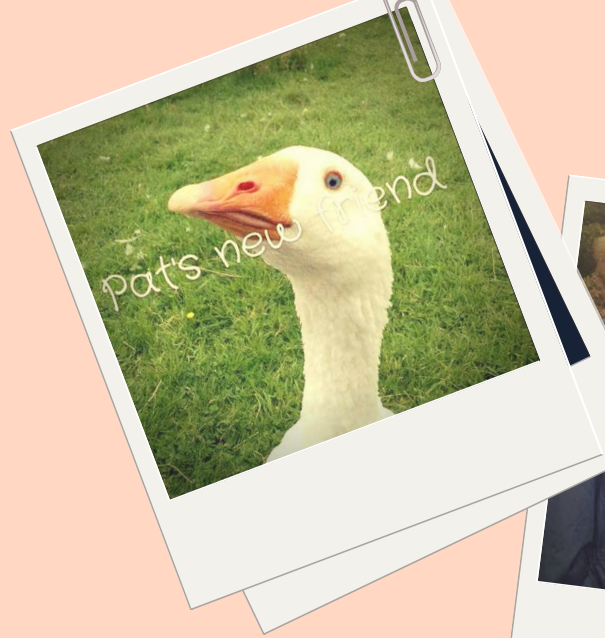
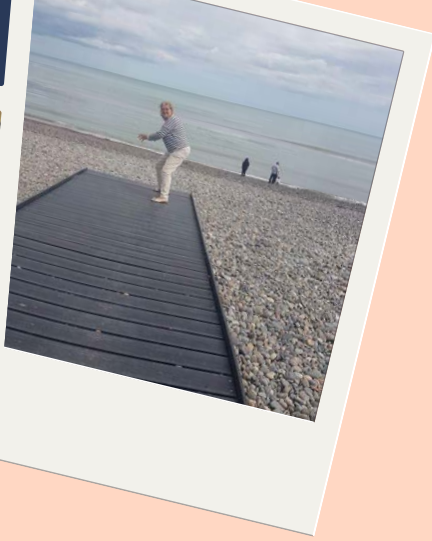
## WICKLOW 2017 OUR ANNUAL HOLIDAY

In august we went to wicklow for our annual holiday and boy did we have the best time .



Just a paddle





Day 1 - We headed off with 12 residents and 8 staff, our first stop Bray, we had a fish and chip lunch on the promenade while enjoying the sites. Brenda and Pattie hit the waves for a paddle.

Day 2 - Up early, cooked breakfast, off to Grennan maze and farm where we meet neddy the nipper (donkey) and pats new friend Mr. Goose. We managed to catch a few rays and have to have our tea and sandwiches on the lawn before a downpour. We then headed to Brooklodge and Spa for afternoon luxury tea, scones, jam and cream, what else would a girl need.



That evening we danced, played games and reminisced about times spent on our holidays when we were younger.

Day 3 before we headed back to Sunhill after another fantastic holiday we paid a visit to Avoca for more cake and tea by now we had all put on about half a stone but great memories were made and enjoyed by all

# BALTRAY OUR NEW BUILD

Look at our fabulous new unit . Recently baltray was completed with 22 new beds with en-suites , our beautiful new kitchen , new dining room , quiet rooms and gardens .



# Little friends of sunhill

Over the last few months we have had the pleasure of working with the 14th louth cubs Sinead Coyle and Aaron Tiernan on there community project . Because this was a huge success and the residents loved to see them each week they will be joining us for more events in 2018 . Austin who was a leader with the 3rd/4th/6th louth beavers for 54 years was resented with a beautiful gift from Aaron and Sinead . We welcome little friends of Sunhill ( tayto park here we come )



# WHATS NEW IN 2018

Operation  
transformation  
Healthy eating plan

Our annual holiday  
Trip to knock  
Valentine feast  
Easter fete

Nursing home week 2018  
Cookery demonstrations  
Suagrcraft masterclasses  
Trips  
Concerts and events  
Charity days  
Beach parties

Candle making  
Soap making  
Mindfulness  
Bio energy  
Memory cushions

Yoga  
Get up and go  
Computer training  
Vegetable garden

# 2017 Christmas party

Who could forget of christmas party  
From our rock and roll aussie santa  
to our fab duo Gerry and Geraldine  
Simpson for the tunes we had a  
fabulous afternoon .



Fishing trips  
2018 will be packed full of  
all of our favourites and  
loads of new activities and  
events .

A FEW SURPRISES ALONG THE WAY

**'We didn't realize we  
were making memories  
we just knew we were  
having fun'**

Over the last few months  
we have lost some of our  
dear friends may they  
rest in peace

James Gibney  
Anthony McAuley  
Mary Kavanagh  
Monica Gartland  
Mary Winters  
Patrick Comyn  
Olive McGovern  
Patrick Phillips  
John McGuinness  
Edward Gavin  
Ann McDonnell  
Anne Hamilton  
Teresa Smyth  
Patrick Ward  
Monica Mc Donald  
Mary Moran  
Patrick McCartan





# **So many fantastic memories and more to come**

Our 2018 holiday is booked plus we will be taking a special trip to knock in September . As always you can keep an eye on our facebook page for everything we are up to and events in the future , 2018 is going to be a very busy year for us

Thank you to all of the team in sunhill

Majella and Rachel ( activities co -ordinators )