














MONDAY

	10:00am	Getting to know you
	10:30am	Stay Active with Shelly
	11:00am	House Olympics with Shelly
	11:30am	Get Growing with Elyia
	12:00am	Lámh Connect Emma
	12:30am	ReUse Recycle with Jacinta
	1:00pm	Healthy Lunch Veronika
	2:00pm	Yoga with Helene Host Shelly
	2:30pm	Reflection with Gill and Maureen
	3:00pm	Story Telling with Ronnie
	6:30pm	Virtual Tour with Gill



Tuesday

	10:00am	Getting to know you
	10:30am	Stay Active with Shelly
	11:00am	Keep Happy with Ian
	11:30am	Men's and Ladies Clubs
	12:00am	Lámh Connect Emma
	12:30pm	Get Moving with Lisa
	1:00pm	Healthy Lunch Jacinta
	2:00pm	Money Management
	2:30pm	Mindfulness with Emma
	3:00pm	Circus Tricks with Enda
	6:30pm	Quiz Night with Eoin



Wednesday

	10:00am	Getting to know you
	10:30am	Stay Active with Shelly
	11:00am	Zumba with Andrew
	11:30am	Guest Speaker
	12:00am	Lámh Connect with Emma
	12:30 pm	Stay Connected Sessions
	1:00pm	Healthy Drink Veronika
	2:00pm	Yoga with Helene
	2:30	Get Creative with Emma
	3:00pm	Bingo
	6:30pm	Movie Night with Maureen



Thursday

	10:00am	Getting to know you
	10:30am	Stay Active with Shelly
	11:00am	Employment support with Kemi
	11:30am	Music Matters with Sarah + Guests
	12:00am	Lámh Connect with Emma, Audrey
	12:30pm	Stay Informed about Covid-19 – Ann/ Olivia
	1:00pm	Healthy Eating with Jacinta
	2:00pm	Quiz with Eoin
	2:30pm	Bokwa with Thelma
	3:00pm	Photo Fun with Jacinta
	6:30pm	Audio Book Club with Gill
	7:30pm	Sports corner Quiz with Ruairi and David



Friday

	10:00am	Getting to know you
	10:30am	Stay Active with Shelly
	11:00am	Pastoral Care with Margaret
	11:30am	Tech Corner with Sarah
	12:00am	Lámh Connect with Emma
	12:30pm	ZoomBox with Jacinta
	1:00pm	Healthy Dessert with Veronika
	2:00pm	Yoga with Helene
	2:30pm	Singalong Friday Fun with Hans
	3:30pm	Social Farming
	6:30pm	Friday Disco
	SATURDAY 2:30pm	Singalong Friday Fun with Adrian