

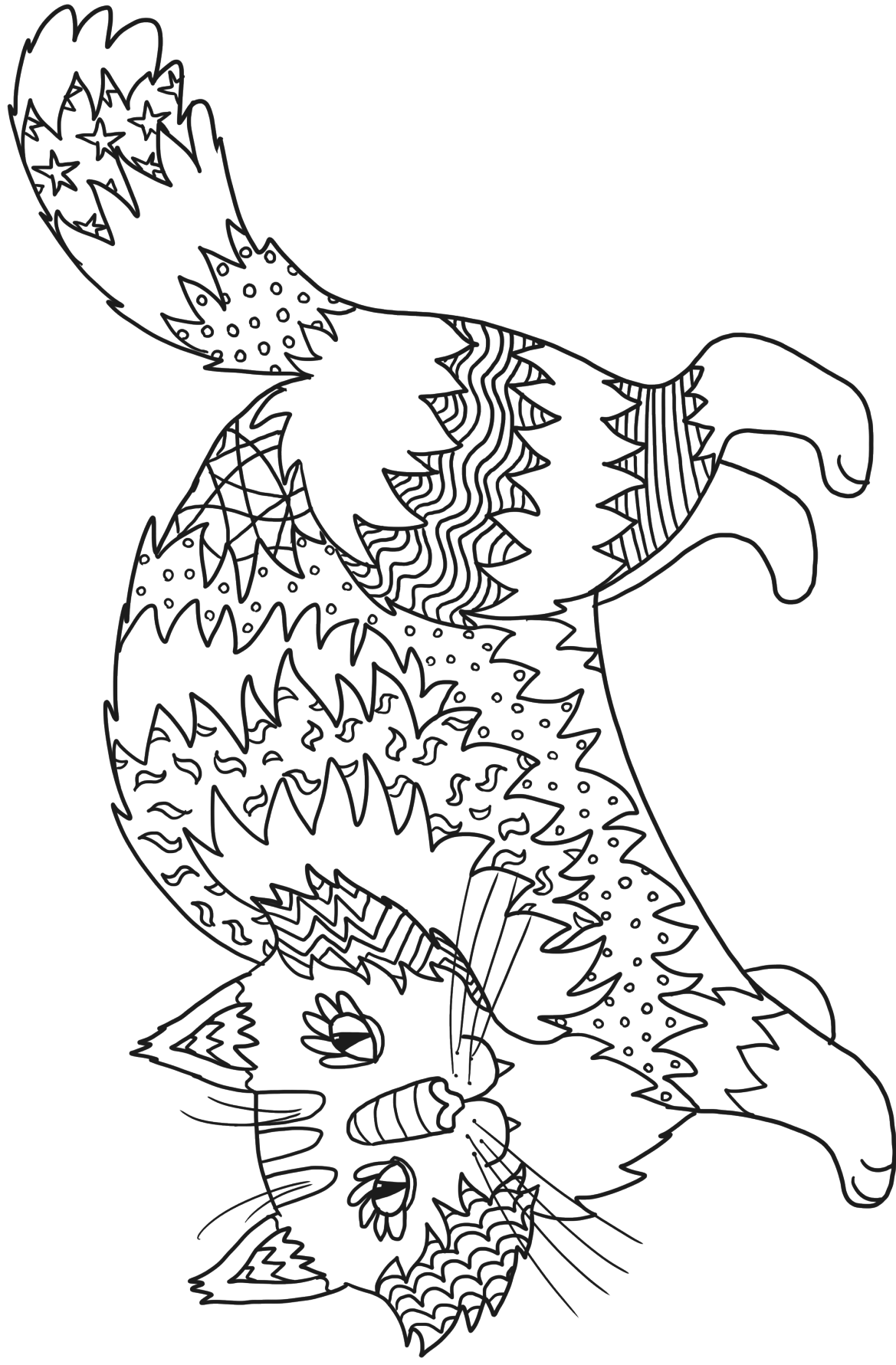
Autumn 2020

Online Engage Programme Pack



www.SJOGLiffeyServices.ie/OnlineEngageSessions

Halloween Mindfulness












MONDAY

	9:30am	Getting to know you /Lámh
	10:30am	Stay Active
	11:30am	Men's and Ladies Sheds
	12:30pm	Healthy Lunch
	2:00pm	Yoga
	2:30pm	Story Telling
	6:30pm	Virtual Tour










Tuesday

	9:30am	Getting to know you
	10:30am	Stay Active
	11:30	Get Growing
	12:30pm	Get Moving
	2:00pm	Money Management
	2:30pm	Social Farming
	6:30pm	Quiz Night



Wednesday

	9:30am	Getting to know you & Lámh
	10:30am	Stay Active
	11:30am	Get Creative with Veronika
	12:30pm	Healthy Lunch
	2:30	Yoga
	3:00	Rights
	6:30pm	Movie Night











Thursday

	09:30am	Getting to know you -Lámh
	10:30am	Stay Active
	11:30am	Employment support
	12:30pm	Stay Informed about Covid-19
	2:00pm	Bokwa
	2:30pm	Audio Book Club
	6:30pm	Bingo
	7:30pm	Golden Ballz



Friday

	09:30am	Getting to know you and Lámh
	10:30am	Stay Active
	11:00am	Pastoral Care
	11:30am	Tech Corner
	12:30pm	Healthy Lunch
	2:00pm	Zumba
	2:30pm	Singalong
	6:30pm	Friday Disco

Internet Safety



n	p	t	l	l	o	r	t	t	w
s	c	s	s	a	f	e	t	y	v
g	d	d	f	m	f	j	d	c	v
n	r	r	n	s	a	e	d	a	i
i	e	o	l	p	c	e	n	v	r
t	t	w	i	a	e	z	e	i	u
t	t	s	q	m	b	v	i	r	s
e	i	s	d	p	o	t	r	p	d
s	w	a	s	a	o	o	f	k	u
j	t	p	y	a	k	u	u	p	t



settings
safety
twitter
passwords
friend

spam
privacy
facebook
troll
virus



Healthy Eating

Bank Holiday No zoom but you can give it a go
Healthy Lunch Monday 26/10/2020



<https://sjogliffeyservices.ie/onlineengagesessions/healthy-eating>

<https://www.simplyrecipes.com/recipes/colcannon/>

Irish Colcannon

INGREDIENTS

- 4 potatoes peeled and cut into large chunks
- Salt
- 5 to 6 Tbsp unsalted butter (with more butter for serving)
- 3 lightly packed cups of chopped kale, cabbage, chard, or other leafy green
- 3 green onions (including the green onion greens), minced (about 1/2 cup)
- 1 cup milk or cream



METHOD

1 Boil the potatoes: Put the potatoes in a medium pot and cover with cold water by at least an inch. Add 2 tablespoons of salt, and bring to a boil.

Boil until the potatoes are fork tender, 15 to 20 minutes. Drain in a colander.

2 Cook the greens and the green onions with butter: Return the pot to the stove and set over medium-high heat. Melt the butter in the pot and once it's hot, add the greens.

Cook the greens for 3-4 minutes, or until they are wilted and have given off some of their water.

Add the green onions and cook 1 minute more.

3 Mash the potatoes with milk or cream and greens: Pour in the milk or cream, mix well, and add the potatoes. Reduce the heat to medium.

Use a fork or potato masher and mash the potatoes, mixing them up with the greens.

Add salt to taste and serve hot, with a knob of butter in the center.

Healthy Eating - Online Engage Programme

Healthy Drink

Monday

28/10/2020

Time: 12.30pm

Instructor: Veronika Achleitner

<https://sjogliffeyservices.ie/onlineengagesessions/healthy-eating>

Vampire Blood Punch

1 small red beetroot

1 large apple

1 stalk of celery

1 cup of almond milk

2/3 cup peaches

1 inch of ginger peeled & sliced

optional: eyeball candy or marsh mellow



Healthy Eating on Online Engage Programme

Healthy Dessert Friday

30/10/2020

Time: 12.30pm



<https://sjogliffeyservices.ie/onlineengagesessions/healthy-eating>

Halloween Candy Cake in a CUP

<https://kirbiecravings.com/halloween-candy-mug-cake/>

Ingredients

- 1/4 cup chopped plain chocolate bars (see note)
- 3 tbsp fat free milk
- 1/2 tbsp vegetable oil
- 2 tbsp flour
- 1/4 tsp baking powder
- 2-3 tbsp sweets like smarties, etc.



Instructions

In a large, microwave-safe mug, add 1/4 cup chocolate and 3 tbsp of milk. Heat in microwave for about 30 seconds. Stir with a mini whisk to completely melt chocolate into the milk. If chocolate is not completely melted, heat an additional 10 seconds and whisk again. Add in oil, flour, baking powder. Whisk until batter is smooth. Stir in chopped candy. Cook for approximately 1 minute in the microwave. Allow cake to cool a few minutes before eating. If desired, you can plate in a smaller mug before serving.

Notes

Dark chocolate or milk chocolate bars work for this recipe.
I recommend sticking to chocolate-candy bars.

Healthy Eating on Online Engage Programme on Zoom

Healthy LUNCH

Monday

02/11/2020 Time: 12.30pm

Instructor: Veronika Achleitner

www.sjogliffeyservices.ie/onlineengagesessions/healthy-eating

Tortilla with Chicken and Avocado

- 75g low-fat soft cheese
- 3 flour tortillas
- 1 [cooked skinless chicken breast](#) , coarsely shredded
- 1 [large carrot](#) , grated or shredded
- 2 tomatoes
- 1 [large avocado](#) , stoned and sliced
- [handful rocket](#) leaves



Method

STEP 1

Spread the cheese over the tortillas and top with the chicken, carrot, avocado and rocket.

STEP 2

Tightly roll up each tortilla. Wrap tightly in cling film, twisting the ends firmly to seal, and chill until ready.

STEP 3

Unwrap and cut each roll into 4 chunks to add to your lunchboxes.

Healthy Eating on Zoom
Healthy DRINK
Wednesday
04/11/2020
Time: 12.30pm
Instructor: Veronika Achleitner



AVOCADO – MINT SMOOTHIE

1 cup of Mango fresh or frozen

½ Avocado

1 small banana

1 cup of Spinach

1 cup of Milk

5 mint leaves

Optional: add flax or chia seeds and top up
with fresh mint or sliced banana.



1. In a blender or food processor, add all ingredients.
2. Blend until smooth, adding more liquid if desired. Divide between two cups or bowls.
3. Top with fresh mint, hemp seeds, sliced banana, flax seeds, or any other toppings.

Healthy Eating on Online Engage Programme
Friday
06/11/2020
Time: 12.30pm
Instructor: Veronika Achleitner



International Nacho Day Celebrations:

Ingredients for 4 people as starters

or 2 people for main course

- 1 tbsp [olive oil](#)
- 1 [onion](#), finely chopped
- 250g/9oz [beef mince](#)
- 1 tsp hot smoked [paprika](#)
- 1 tsp ground [cumin](#)
- ½ tsp([chilli powder](#)) Optional
- ½ 400g tin [black beans](#), drained
- 200g/7oz lightly salted corn tortilla chips
- 150g/5½oz [cheddar](#), grated
- 100g/3½oz [cherry tomatoes](#), quartered
- salt and freshly ground [black pepper](#)



To serve

- 4 [spring onions](#), finely chopped
- [coriander](#) (optional)
- [lime](#)
- [soured cream](#)

Please see link for video Instructions

https://www.bbc.co.uk/food/recipes/nachos_92445

Healthy Eating on Online Engage Programme
Healthy LUNCH
Monday
09/11/2020
Time: 12.30pm
Instructor: Veronika Achleitner



French Toast

1-2 slices of Bread

1 egg

3 tbsp. milk

Salt, oil

Beat egg, milk, pepper and salt together
in a shallow bowl.

Dip the slices of bread in the egg mixture. Fry in hot oil until
both sides are golden brown. Drain on kitchen paper.



Healthy Eating on Zoom
Healthy DRINK
Wednesday
1/11/2020
Time: 12.30pm
Instructor: Veronika Achleitner



IMMUNE Buster Ginger Smoothie

- 1 large Lemon
- 1 inch of Ginger
- 1 small green apple
- 1 cup of spinach



Healthy Eating on Zoom

Healthy Dessert

Wednesday

13/11/2020

Time: 12.30pm

Instructor: Veronika Achleitner

Healthy Blueberry Scones

½ cup (180g) white whole wheat flour

1 1/2 tsp baking powder

2 tbsp unsalted butter, cold and cubed

½ cup (120g) plain nonfat Greek Yogurt

3tbsp Honey

3 tbsp + 2 tbsp milk, divided

1 tsp vanilla extract

½ cup (80 g) fresh blueberries



Instructions:

<https://amyshealthybaking.com/blog/2016/07/26/the-ultimate-healthy-blueberry-scones/>

1. Preheat the oven to 425°F, and line a baking sheet **parchment paper**.
2. In a medium bowl, whisk together the flour, baking powder, and salt. Cut in the butter with a pastry cutter or the back of a fork until the mixture resembles fine crumbs. Make a well in the center, and add in the Greek yogurt, honey, 3 tablespoons of milk, and vanilla. Stir until just incorporated. Gently fold in the blueberries.
3. Using a spatula, shape the dough into a ¾" tall circle on the prepared baking sheet. Brush with the remaining milk. Slice the circle into 8 triangular segments with a sharp knife. Bake at 425°F for 18-22 minutes, or until the tops are lightly golden.
4. Cool on the pan for 5 minutes before transferring to a wire rack.

Notes: Regular whole wheat flour, **whole wheat pastry flour**, or all-purpose flour may be substituted for the white whole wheat flour.

Frozen and thawed blueberries may be substituted for the fresh. They may stain the dough a slightly gray color, but the flavor will remain the same.

Healthy Eating on Zoom
GLUTENFREE WEEK
Healthy LUNCH
16/11/2020 Monday
Time: 12.30pm
Instructor: Veronika Achleitner



Baked Sweet Potatoes with Tomato Salsa

1 large sweet potato
1 tbsp olive oil



Salsa recipe:

1 large tomato
1 small red onion all finely chopped
1 celery stick
Fresh coriander

Marinade:
½ juice of Lime
1 tsp sugar
Grated cheese
Salt



Healthy Eating on Zoom
GLUTENFREE WEEK
Healthy DRINK
Wednesday
18/11/2020
Time: 12.30pm
Instructor: Veronika Achleitner



Orange Smoothie

1 Banana

½ Mango fresh or frozen

Juice of 1 Orange

1 cup of Soya milk

½ teaspoon of vanilla

Optional: 1 tsp of honey



Directions

- Combine all ingredients in blender and blend on high about 1 minute
- Garnish with orange peel
- Super creamy

<https://www.rachelpaulsfood.com/low-fodmap-orange-cream-smoothie-gluten-free-vegan/>

Healthy Eating on Zoom
GLUTENFREE WEEK
Healthy Dessert
20/11/2020
Time: 12.30pm
Instructor: Veronika Achleitner



Almond Macaroons

Ingredients:

2 egg whites

100g golden caster sugar

125g ground almonds

Optional: blanched almonds to decorate

For piping:

Use plastic freezer bag, piping bag or big spoon

Method

1In a large mixing bowl, mix the ground almonds and sugar. In a separate bowl, beat the egg whites with an electric mixer on a slow speed until just frothy – it doesn't matter if there's still a bit of unbeaten egg white at the bottom.

2Add the egg whites to the almonds and sugar, 1 tbsp at a time, mixing after each spoonful. Keep going until the mixture is soft but not runny; you may not need to use all the egg white.

3Roll the mix into walnut-size balls and space them a few centimetres apart on the baking trays. Press a blanched almond half into the top of each one, flattening them slightly. Sprinkle a little caster sugar over the top of each, then leave them to sit for 10-15 minutes. Heat the oven to 190°C/170°C fan/gas 5.

4Bake for 15-20 minutes until pale golden brown. The macaroons should still feel soft to the touch but they'll continue to harden as they cool. Leave on the baking sheet for at least 10 minutes before transferring to a cooling rack to cool completely. Serve with a cuppa.

Tip : Don't be tempted to top with flaked almonds instead of the halved blanched almonds as they'll burn.

<https://www.deliciousmagazine.co.uk/recipes/almond-macaroons/>



Healthy Eating on Online Engage Programme
Healthy Lunch
Monday
30/11/2020
Time: 12.30pm



Lentil and vegetable stew

Ingredients 2 portions

- »1 large onion
- »1 medium-sized carrots
- »1 celery sticks
- »50 g of mushrooms
- »1 small courgette
- »10 ml of vegetable oil
- »1 tin of red lentils
- »1 tsp of mixed dried herbs
- »1 low-salt vegetable stock
in 300 ml of boiling water
- »1 tbsp of tomato puree
- »black pepper, to taste



1. Chop all the vegetables.
2. Heat the oil in a large saucepan, add the onion and cook for 5 minutes.
3. Add the carrots and celery. Cook for 2 minutes.
4. Stir in the lentils, herbs, stock, puree and pepper and bring to the boil.
5. Cover and simmer for 20 minutes until the lentils are soft.
6. Stir in the courgettes and mushrooms and cook for a further 10 minutes.

Healthy Eating on Zoom
Healthy Dessert
Wednesday
25/11/2020
Time: 12.30pm
Instructor: Veronika Achleitner



Healthy Chocolate Milkshake:

2 frozen Bananas
1 cup of almond milk
2 tsp cocoa powder
3 pitted dates
1 teaspoon ground flaxseed



Healthy Eating on Zoom
Healthy Dessert
Wednesday
27/11/2020
Time: 12.30pm
Instructor: Veronika Achleitner



Irish Teabrack

1 cup of strong tea

180 g brown sugar

450 g miced dried fruit

**Put the tea, sugar and dried fruit in a bowl,
over and leave to soak overnight.**

250 g plain flour

1 egg (lightly beaten)

½ level tsp bread soda



Method

1. Put the tea, sugar and dried fruit in a bowl, cover and leave to soak overnight.
2. After the fruit mixture has been allowed to soak overnight, preheat the oven to 180°C
3. Grease a loaf tin.
- . Add the lightly beaten egg to the fruit mixture.
5. Sieve the flour and bread soda together and fold into mixture.
6. Turn into the greased tin. Place in the preheated oven and bake for 1½–1¾ hours. 7. Cool on a wire tray and serve sliced with butter.

Healthy Eating on Zoom

Healthy Lunch

Monday

30/11/2020

Time: 12.30pm

Vegetable soup

Ingredients

- »3 carrots
- »1 turnip
- »1 parsnip
- »1–2 leeks
- »1 onion
- »8 mushrooms
- »3 tomatoes or a 400 g tin of tomatoes
- »1 tsp of vegetable oil
- »150 ml of low-fat milk
- »pinch of salt if desired
- »pepper
- »1 low-salt vegetable stock cube dissolved in 575 ml of boiling water



Method

1. Wash, peel and dice carrots, turnip and parsnip. Wash and chop leeks, chop onion and slice mushrooms. Skin and chop tomatoes.
2. Heat the oil in a large saucepan, and gently fry onion and mushrooms.
3. Add carrots, turnips, parsnips and leeks and fry gently.
4. Gradually stir in the milk.
5. Add stock and bring to the boil, stirring continuously.
6. Add tomatoes, pepper and a pinch of salt if desired.
7. Cover saucepan and simmer gently for about 45 minutes.

You can use your favourite
Vegetables instead.

Healthy Eating on Zoom
Healthy Dessert
Wednesday
02/12/2020
Time: 12.30pm
Instructor: Veronika Achleitner



Strawberry Kiwi Slushie

Ingredients

- 2 cups strawberries,
- *fresh or frozen - stems removed*
- 1 kiwi, *peeled and quartered*
- 1/2 cup water
- 2 tbsp sugar
- 1 tbsp lemon juice
- 2 cups ice

Method:

<https://whitneybond.com/whats-to-drink-strawberry-kiwi-slush/>



Healthy Eating on Zoom
Healthy Dessert
04/12/2020
Time: 12.30pm
Instructor: Veronika Achleitner



Spelt Pancakes

Rating: 4.9 stars

Spelt flour is perfect for pancakes. These fluffy pancakes use 100% spelt flour for a ***whole grain pancake*** that makes great breakfast or brunch fare

Ingredients

- ☐ ¾ cup milk
- ☐ 1 tablespoon lemon juice
- ☐ 1 egg, beaten
- ☐ 1 tablespoon melted butter
- ☐ 1 cup spelt flour
- ☐ 1 teaspoon white sugar
- ☐ 1 teaspoon baking powder
- ☐ ¾ teaspoon baking soda
- ☐ ¼ teaspoon salt

Honey, berries, jam for toppings

Please see video link got method:

<https://www.allrecipes.com/recipe/262177/spelt-pancakes/>

'Get Creative' Online Engage Programme on Zoom
Wednesday
28/10/2020
Time: 12.30pm
Instructor: Veronika Achleitner

Create your own Halloween Mask:

Materials needed:

- attached Mask template or create your own
 - Material box: fabric, feathers, glitter, pearls etc.
 - pencils, markers, paint
 - Elastic band
 - scissors, glue
- Optional: wooden ice-cream stick*



Ideas and Inspiration:



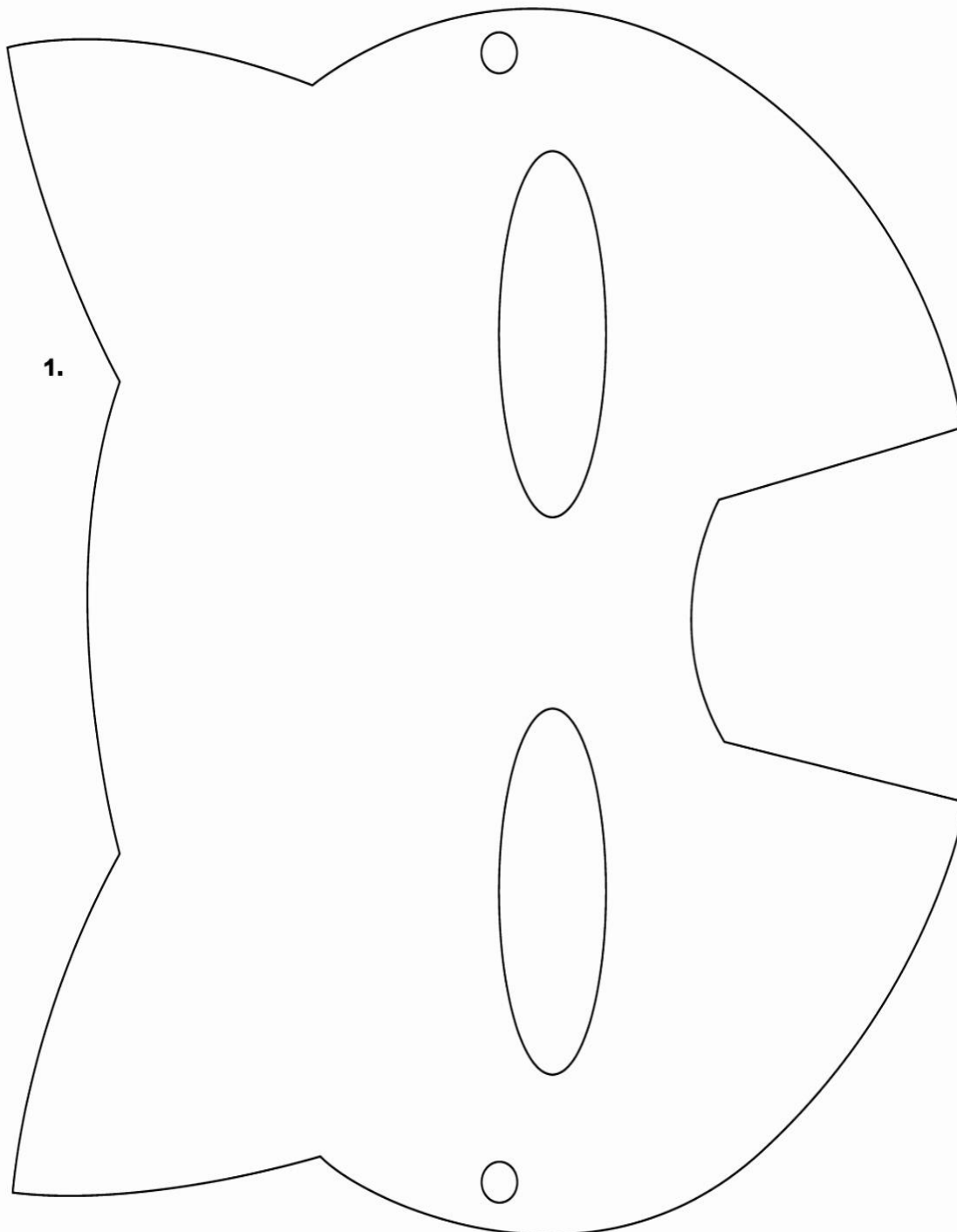
'Get Creative' on Zoom
Wednesday
28/10/2020
Time: 12.30pm
Instructor: Veronika Achleitner

Cat Mask Template

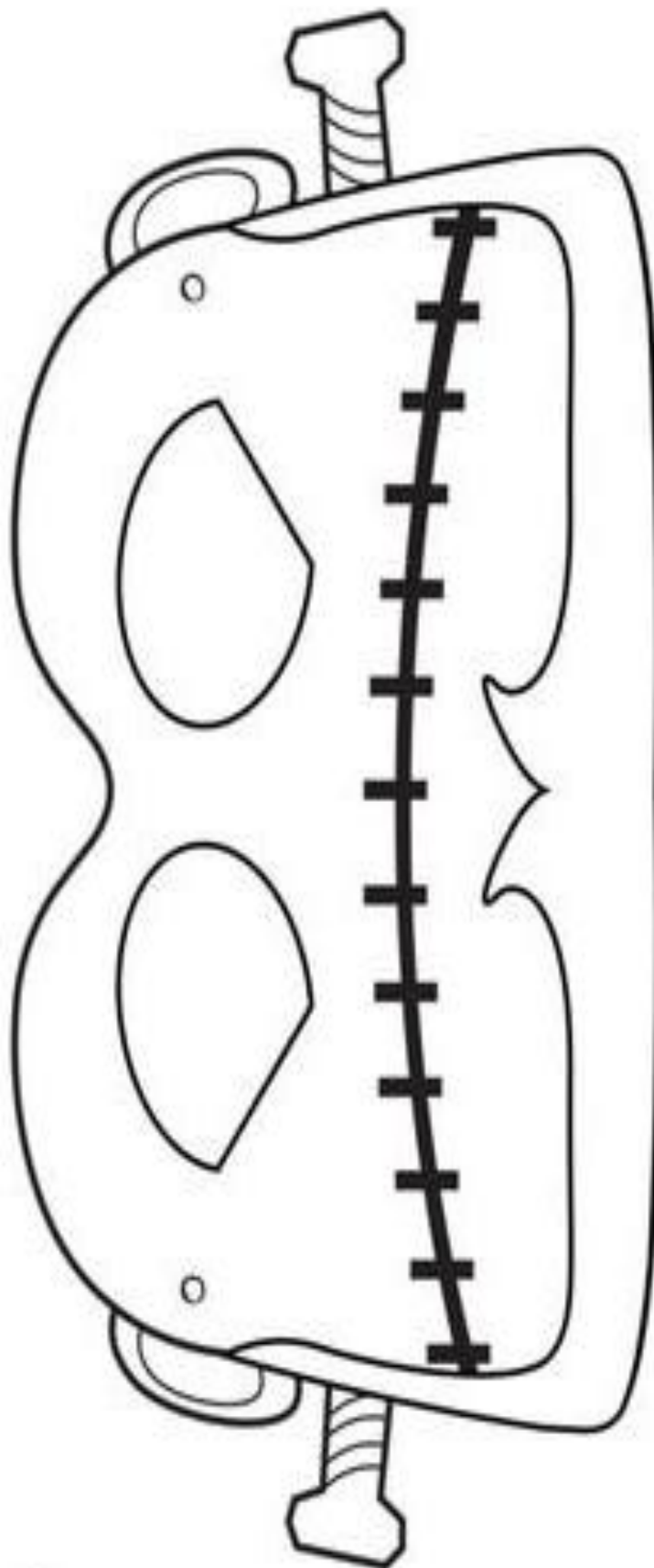
1. Cat Face

2. Inner Ear(left)

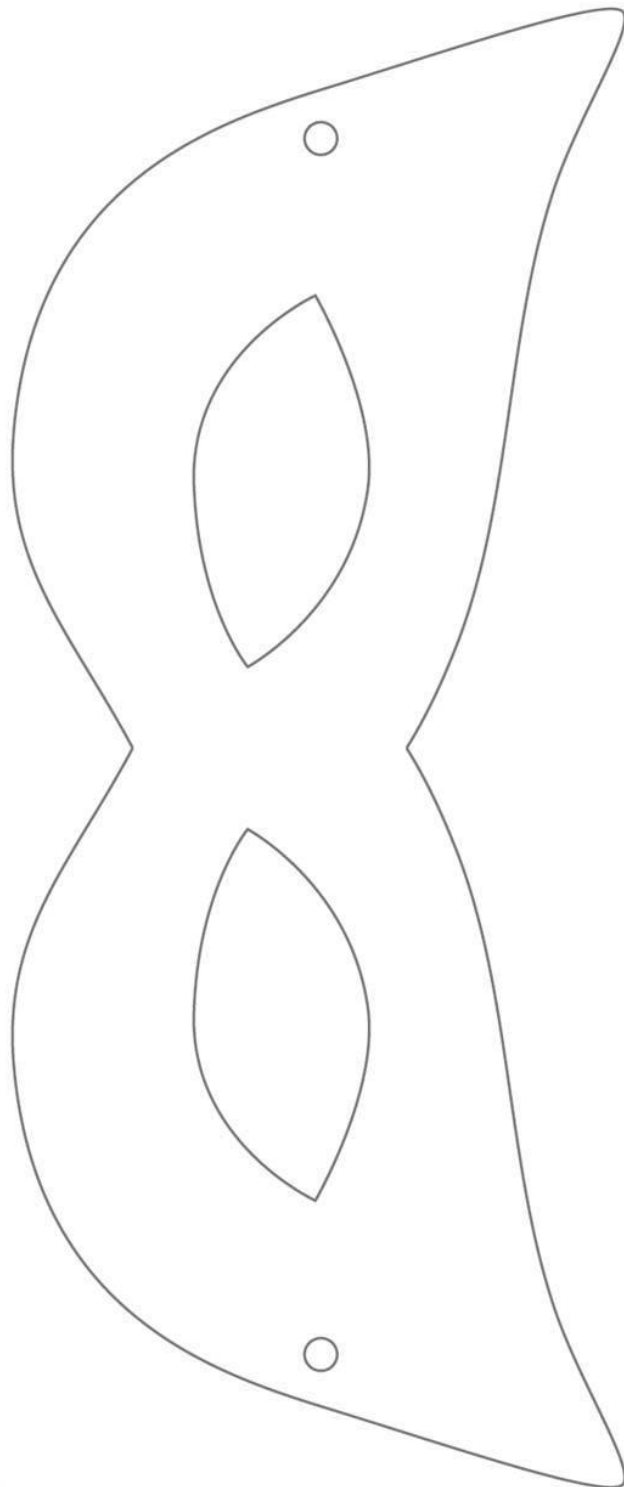
3. Inner Ear(right)



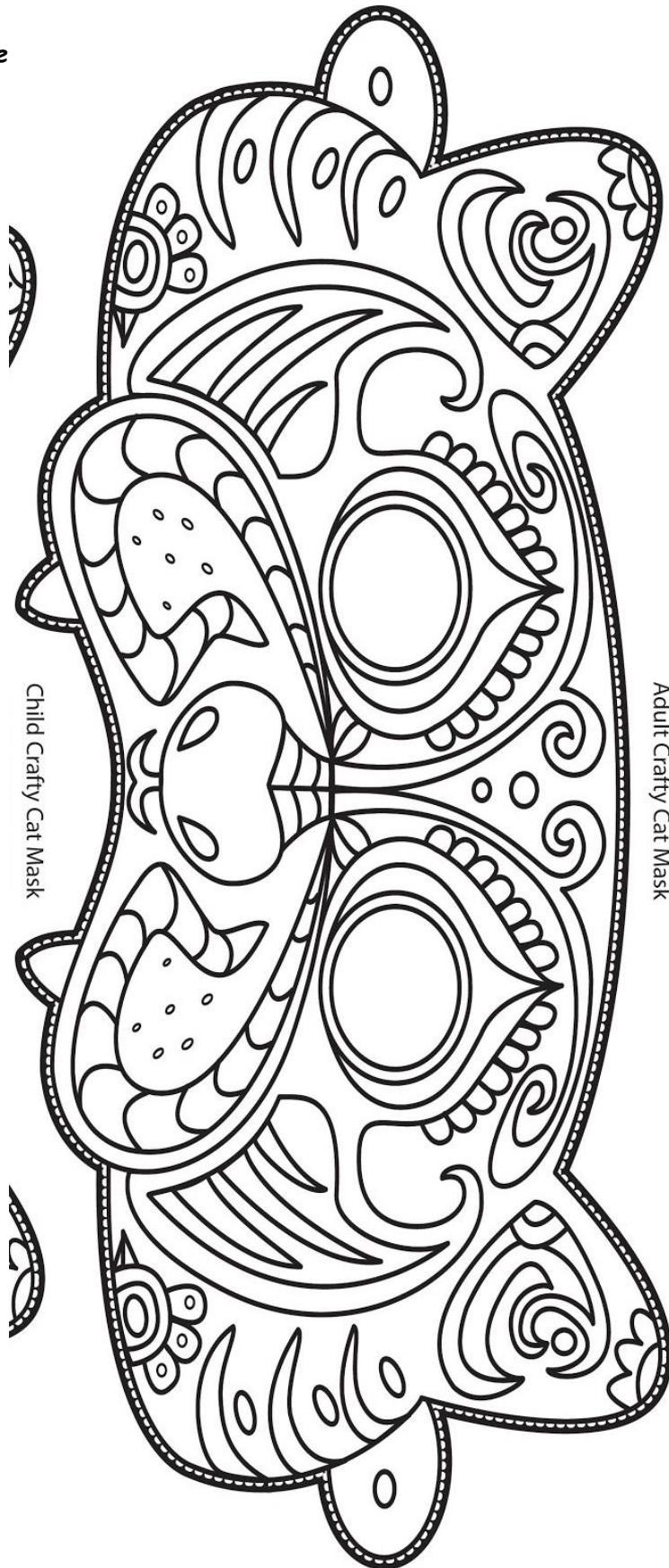
'Get Creative' on Zoom
Wednesday
28/10/2020
Time: 12.30pm
Instructor: Veronika Achleitner



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'Get Creative' on Zoom
Wednesday
28/10/2020
Time: 12.30pm
Instructor: Veronika Achle



Get Creative' on Zoom – *Part of Remembrance Service*

Wednesday

04/11/2020

Time: 11.30pm

Instructors: Veronika Achleitner & Margaret Mulcaire

Clay Leaves Inprints

-Collect autumn leaves of various shapes and sizes

Air dry clay

Rolling pin

1 Bowl

Clingfilm

1 small knife

Watercolour or acrylic paint



Instructions:

<https://www.madewithhappy.com/diy-leaf-bowl/>

NOTE: if you don't have air-dry clay it also works very well with this salt dough recipe:

How to make Salt Dough

Mix together:

* 2 cups of plain flour

* 1 cup of salt

* Up to 1 cup of water

(add the water in slowly as you may need less)

**Knead the mixture into a dough and
get creating**

(You can't really go wrong, if it's too sticky just add some
more flour)

Other Ideas or Inspiration:

*Get Creative' on Zoom - **Part of Remembrance Service***

Wednesday

04/11/2020

Time: 11.30pm

Instructors: Veronika Achleitner & Margaret Mulcaire

<https://www.apieceofrainbow.com/diy-leaf-prints-art/>



Leaf inprint technique

Colour in a Leaf



Get Creative' on Zoom

Wednesday

11/11/2020

Time: 11.30pm

Instructor: Veronika Achleitner

Supplies Needed:

- Paper plate
- Glue
- Scissors
- Colorful leaves (you can press them in flower press few days before)
- Ribbon or twine
- Paint (optional)



Other Ideas and Inspiration:

Wire clothes hanger can be used as a base for your wreath...



Dried leaves can look nice on a wreath too!



'Get Creative' on Zoom
Wednesday
18/11/2020
Time: 11.30pm
Instructor: Veronika Achleitner

Homemade Birdfeeders

Materials:

1 cup of solid vegetable fat or lard

2 cups of Birdseeds

Or make up your own:

Oats, sultanas, sunflower seeds, currents

1 Orange, halved with flesh removed

Large cookie cutters

Straight sticks

String/yarn



Instructions:

<https://growingfamily.co.uk/craft/fun-bird-feeders/>



Get creative on Zoom
Wednesday
25/11/2020
Time: 12.30pm
Instructor: Veronika Achleitner

'Get creative' with Pinecones

Materials:

- Pinecones (see note below)*
- Acrylic or watercolour paint*
- Paintbrush*
- Newspaper*



*Tip: before using new collected pinecones for art,
It is recommended to bake them in oven 200 for 1 hour
To kill moths or any other creatures living in your pinecone.
Cool down and there ready to use for art.*



<https://town-n-country-living.com/how-to-paint-pinecones.html>



Get Creative' on Zoom
Wednesday
25/11/2020
Time: 11.30pm
Instructor: Veronika Achleitner

Shaving foam Art

1 x can shaving foam

Food colouring

Large tray

Large sheet of white paper

Butter knife

Tooth pick or kebab stick



Instructions:

<https://pagingfunmums.com/2015/03/23/shaving-foam-wrapping-paper/>

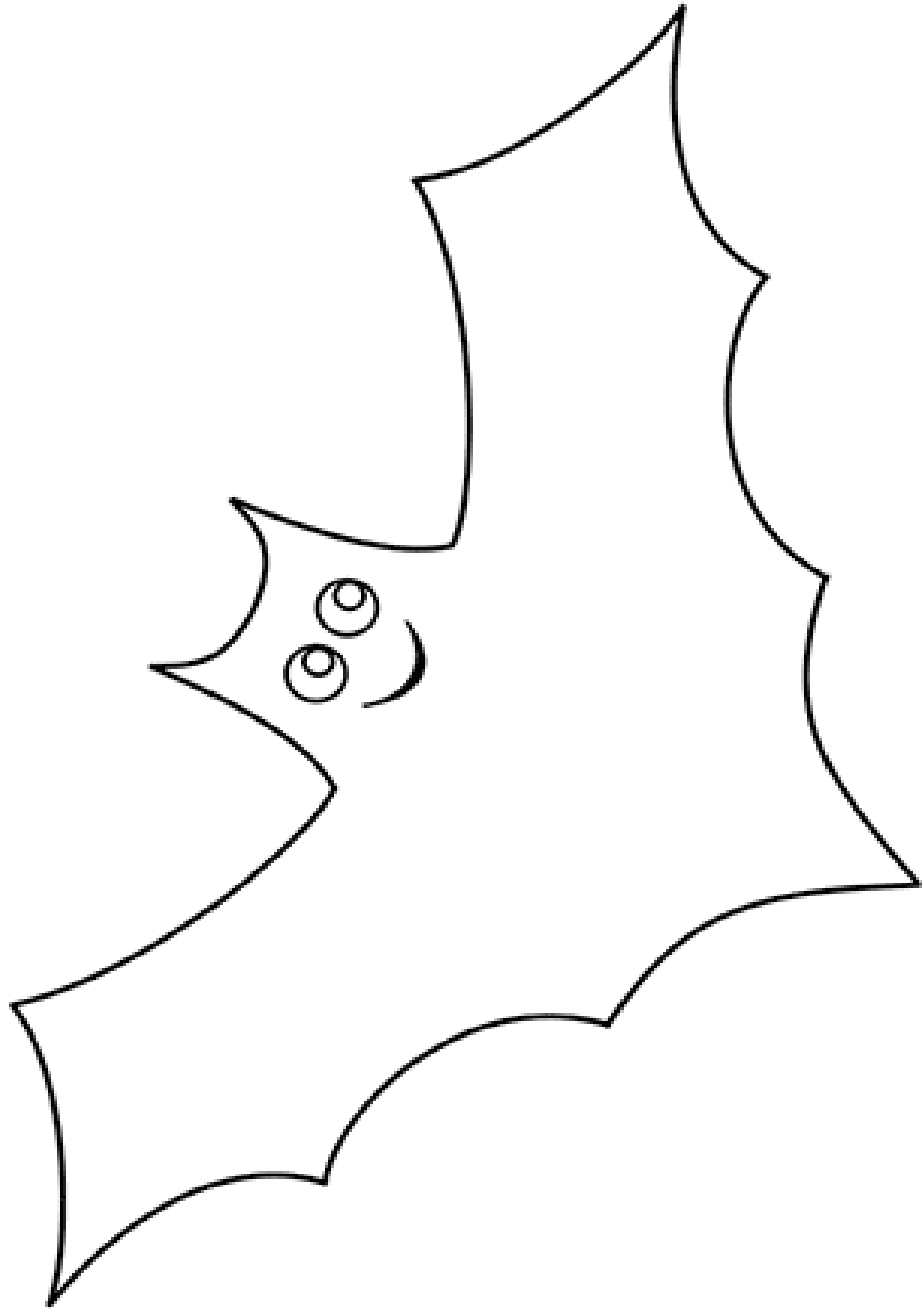
<http://northpole.com/CraftCottage/handmade-marbled-paper-cards>

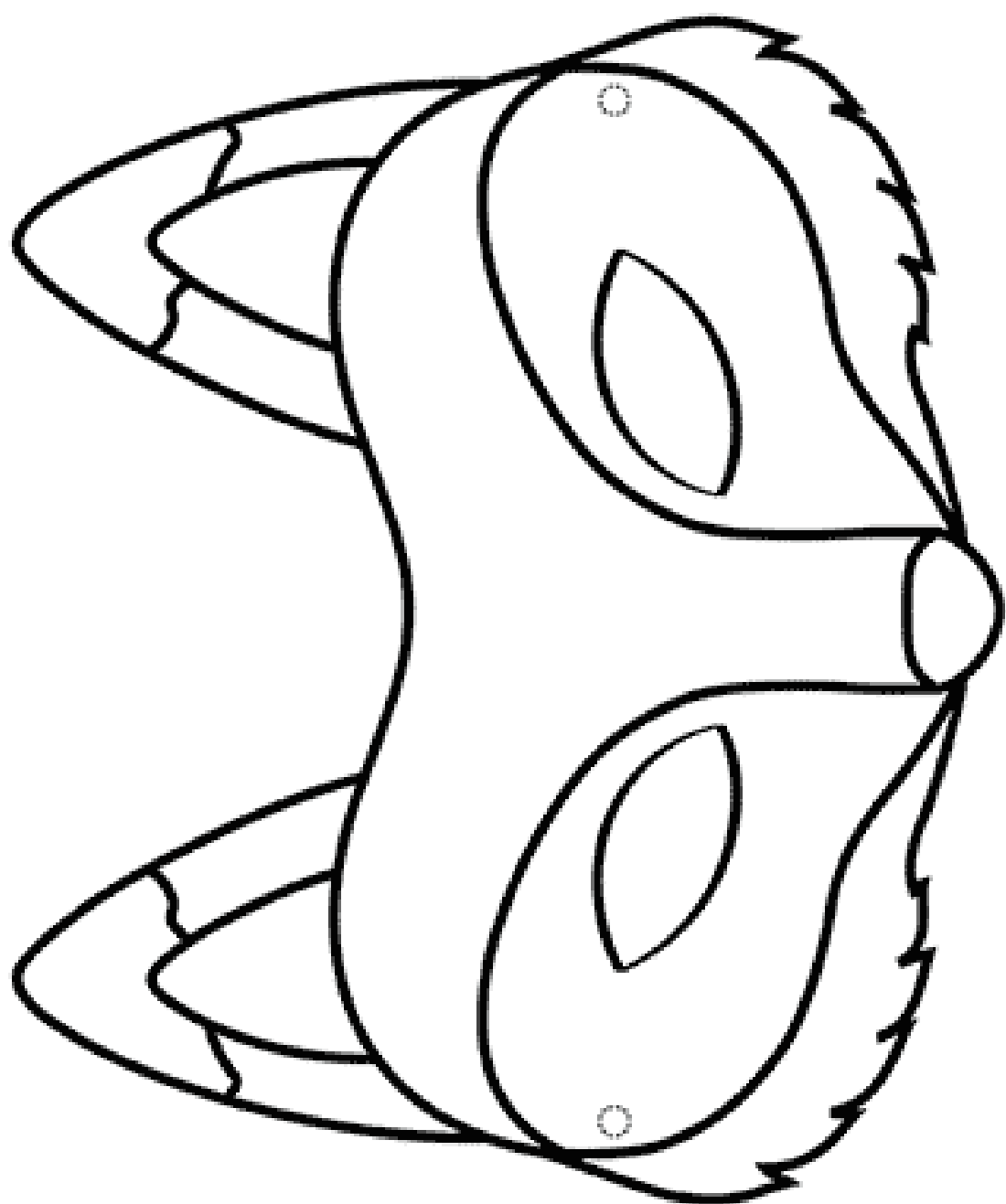
<https://www.learningandexploringthroughplay.com/2018/01/winter-shaving-cream-marbling-painting.html>

Tip: Can be used for Christmas wrapping paper or Christmas cards or use on blank canvas to create abstract art.



BAT





Halloween Mindfulness

