



Saint John of God
Community Services clg.
Liffey Services



Online Engage Programme



Summer Pack 2021



Online Engage Programme

<https://vimeo.com/408854851>
Or Scan this QR Code




Thank you to everyone who participated and supported the running of the Online Engage Programme at SJOGLiffey over the last 14 months. We will take a break on 30th July until the 16th August 2021. Please visit our website www.sjogliffeyservices.ie and tapon the Online Engage Programme or scan this QR Code to access. We would like to wish you all a joy filled and safe summer. This pack has been put together by the men and women who join in the Online Engage sessions and the support staff.

Please note that we are having a special Saint John of God Celebration Week from Monday 14th June until the 18th of June and we look forward to linking with all the other SJOG services across the country. Also, in this pack you will find Bingo cards and certificates in recognition of all the hard work everyone has put in over the last year.

<https://zoom.us/j/474389762?pwd=S3JSaFNVY2RVVnpxSGY1ZjAxUjNzZz09www.zoom.us/join>

Enter the Meeting ID: 474 389 762
Passcode: 054429

If you have any difficulty to access zoom, then follow these steps;

1. Go to our website www.sjogliffeyservices.ie
2. Click on the 
3. Click on any session on our timetable and join zoom session live or find out more about that session.




The screenshot shows the website interface with three numbered arrows indicating the steps:

- Arrow 1 points to the 'MENU' button.
- Arrow 2 points to the 'Online Engage Programme' button in the top navigation bar.
- Arrow 3 points to the 'Join Zoom | Click Here' button in the 'SJOGLiffey Zoom Schedule' section.

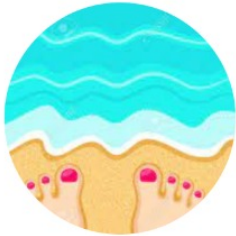
 The 'Zoom Schedule' section lists sessions for Monday:

- 9:30 am Lámh Connect
- 10:30 am Stay Active
- 11:30 am M&I Shed
- 12:30 pm Healthy Lunch
- 2 pm Yoga
- 2:30 pm Story Telling
- 6:30 pm Virtual Tour

Summer Water Safety



Look out for a Lifeguard
and flags



Enter Feet First
Don't Go to Far



Swim with a Friend



Put your Hand Up for Help





HOW TO PROTECT OURSELVES



Put on Sunscreen



Wear a Hat



Wear Sunglasses



**Cover up - wear
t-shirt or long sleeved
shirt**



Stay in the shade

CLIMB A MOUNTAIN CHALLENGE

STEP YOUR WAY TO THE TOP

TRACK YOUR STEPS TO REACH THE TOP OF EACH MOUNTAIN



Carrantoohill - 18,600 steps

Mweelrea - 29,450 steps

Lugnaquilla - 23,250 steps

Croagh Patrick - 10,850 steps



Saint John of God Community Services clg
Dublin South East Services



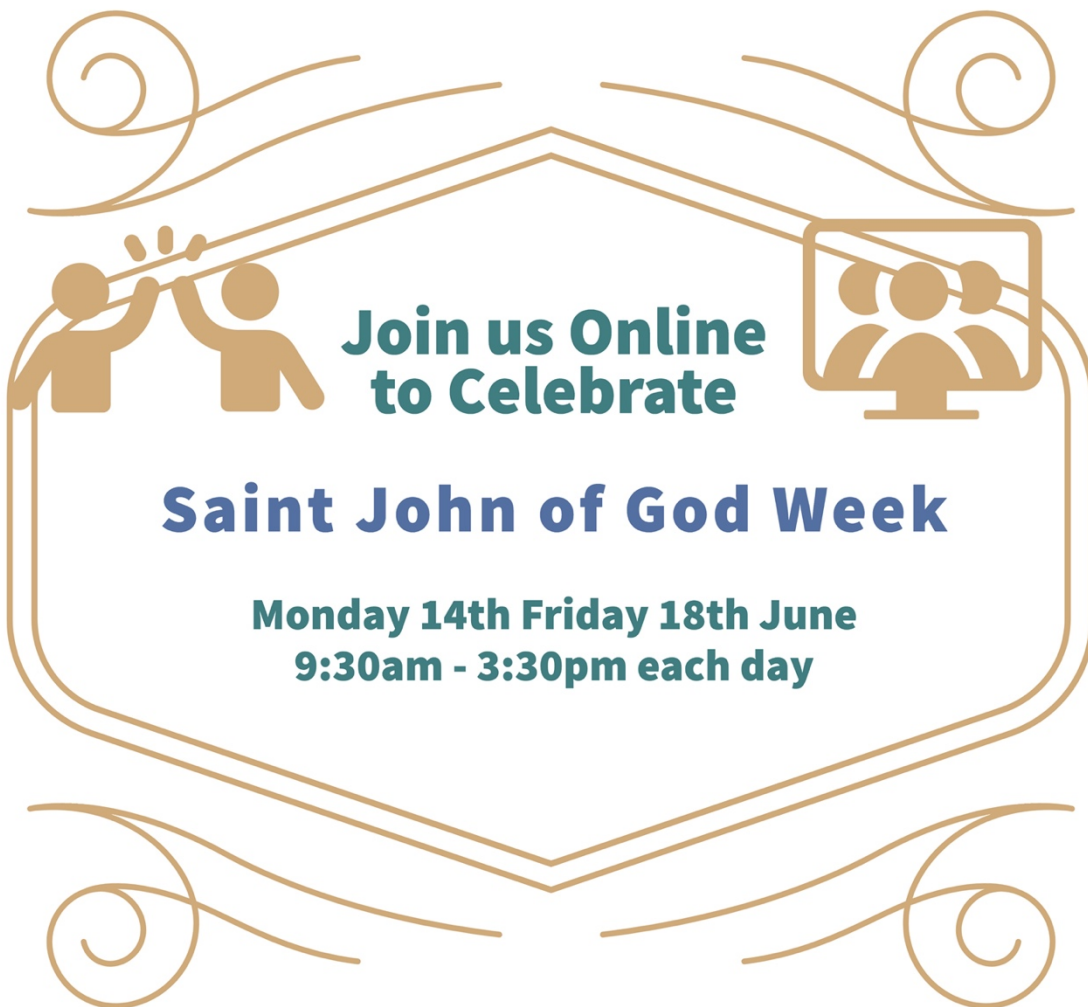
Saint John of God Community Services
North East Services
Hospitality ~ Compassion ~ Respect



Saint John of God Community Services
Liffey Services
Hospitality ~ Compassion ~ Respect



Saint John of God Community Services
Kerry Services
Hospitality ~ Compassion ~ Respect



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Online Engage Programme



Time	Monday 14 th June	Tuesday 15 th June	Wednesday 16 th	Thursday 17 th June	Friday 18 th June
9:30 am	Getting to Know You	Getting to Know You	Getting to Know You	Getting to Know You	Getting to Know You
10:30 am	Stay Active (Liffey)	Stay Active	Stay Active	Stay Active	Stay Active
11:00 am	Lámh (DSE)	Zumba (DSE)	Get Creative (DSE& L)	Choir / Guest Music	Nature & Tech (Kerry)
12:00 am	Yoga (DSE & Liffey)	Get Growing	Rights (Kerry)	Sport (DSE)	Karate (DSE)
1:00 pm	Healthy Cooking (DSE)	Quiz (Kerry & Liffey)	Video (DNE)	Video (Kerry)	Pastoral Care (Kerry)
2:00 pm	Quiz (DSE)	ETB Courses (Kerry)	Zumba / Gardening	Bokwa (Liffey)	Singalong (ALL)
2:30 pm	Story Time (Liffey)	Social Farming	Rights/ Advocacy	BINGO (Liffey)	
3:00 pm		BINGO (DSE)			
6:30 pm				DISCO (Liffey)	



Saint John of God Community Services clg
Dublin South East Services

Saint John of God Week 14th June – 18th June 2021 SJOG Online Connect Week - Schedule



Saint John of God Community Services
Kerry Services
Hospitality ~ Compassion ~ Respect

Time	Monday 14 th June	Tuesday 15 th June	Wednesday 16 th	Thursday 17 th June	Friday 18 th June
9:30 am	Getting to Know You	Getting to Know You	Getting to Know You	Getting to Know You	Getting to Know You
10:30 am	Stay Active (Liffey)	Stay Active	Stay Active	Stay Active	Stay Active
11:00 am	Lámh (DSE)	Zumba (DSE)	Get Creative (DSE& L)	Choir / Guest Music	Nature & Tech (Kerry)
12:00 am	Yoga (DSE & Liffey)	Get Growing	Rights (Kerry)	Sport (DSE)	Karate (DSE)
1:00 pm	Healthy Cooking (Kerry)	Quiz (Kerry & Liffey)	Video (DNE)	Video (Kerry)	Pastoral Care (Kerry)
2:00 pm	Quiz (DSE)	ETB Courses (Kerry)	Zumba / Gardening	Bokwa (Liffey)	Singalong (ALL)
2:30 pm	Story Time (Liffey)	Social Farming (Kerry Liffey)	Rights/ Advocacy (ALL)	Guest Slot (NES)	
3:00 pm	Guest Slot (NES)	BINGO (DSE)	Br Martin Reflection	Bingo (Liffey/ Kerry)	
6:30 pm				DISCO (Liffey)	



Saint John of God Community Services
Liffey Services
Hospitality ~ Compassion ~ Respect



Saint John of God Community Services
North East Services
Hospitality ~ Compassion ~ Respect

All of the weeks programmes will be run through the link below on the SJOG Liffey Online Engage Zoom Link below.

[https://zoom.us/j/474389762?pwd=\\$3J5dFNvYzRyVWhpXzY1ZlAxUjlnZz09](https://zoom.us/j/474389762?pwd=$3J5dFNvYzRyVWhpXzY1ZlAxUjlnZz09)



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If you are new to zoom please check out our support page <https://sjogliffeyservices.ie/zoom-help/>



Online Engage Programme





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www.zoom.us/join

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Monday

	9:30am	Getting to know you /Lámh
	10:30am	Stay Active
	11:15am	Men's Shed & Ladies Lounge
	12:00pm	Yoga
	12:30pm	Healthy Cooking
	2:00pm	Photo-Fun
	2:30pm	Story Telling



Find these schedules and catch-up videos on our website
<http://www.sjogliffeyeservices.ie/>

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Online Engage Programme



Tuesday

	9:30am	Getting to know you
	10:30am	Stay Active
	11:00	DSPCA CHAT
	11:30	Get Growing
	12:00	Mick's Gym
	12:30pm	Health and Wellbeing
	2:00pm	Money Management
	2:30pm	Social Farming
	3:00pm	Quiz



<https://zoom.us/j/474389762?pwd=S3JSaFNvY2RVVnpXSGY1ZjAxUjNzZz09>










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Wednesday

	9:30am	Getting to know you & Lámh
	10:30am	Stay Active
	11:15am	Get Creative
	12:00	Golden Balls
	12:30pm	Healthy Cooking
	2:00	Zumba
	2:30	Rights & Self Advocacy

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Online Engage Programme

Thursday

	09:30am	Getting to know you -Lámh
	10:30am	Stay Active
	11:30am	Guest Slots or  Covid-19 update
	12:30	Lámh
	2:00pm	Bokwa
	2:30pm	Audio Book Club
	3:00pm	Bingo



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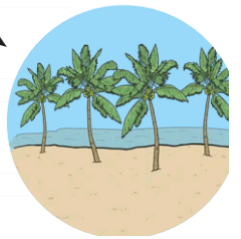
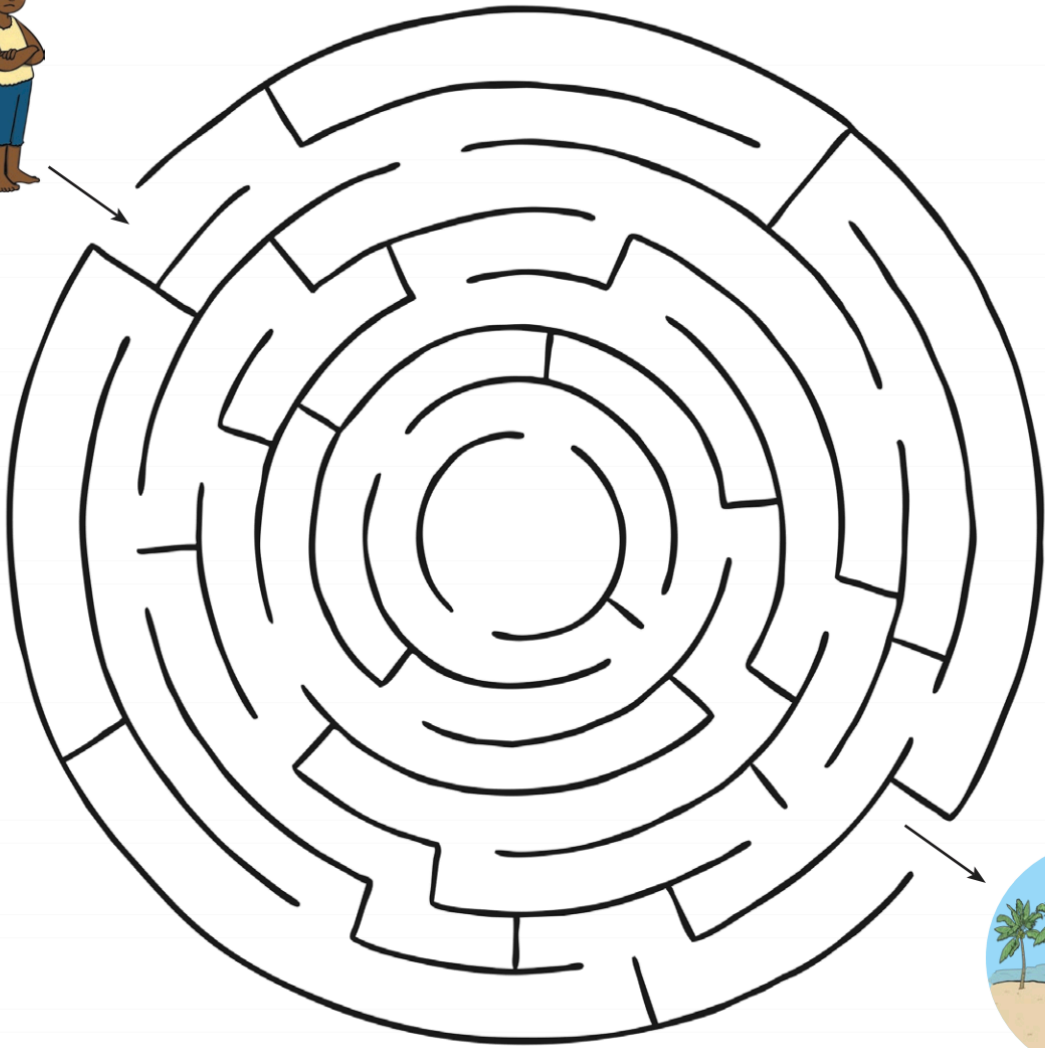


Friday

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

Summer Maze

Can you find your way to the beach?





Get Creative

Wednesday @11:15am

Week

1

2nd of June

Photo Booth Glasses

- paper egg container
- Straw or BBQ skewer
- Tape
- Stickers/decorations/glitter
- Paint



Week

2

9th of June

Self-Kindness Branch

- Branch from the tree (dry one would be the best)
- Paint (any colour) and paintbrush
- String/yarn
- Cut out **kind words** from birthday cards, magazines, newspapers
- Coloured paper
- Glue, scissors, tape
- Ribbons, decorations i.e., flowers etc.



Week

3

16th of June

Bookmark

- Piece of cardboard/hard paper
- Newspaper/magazine page
- Glue, tape, scissors
- Ribbon/string/yarn
- Coloured paper
- Cut out words of your liking from magazine/newspaper



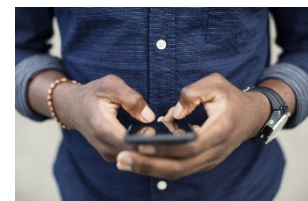
Week

4

23rd of June

Mobile Phone Holder

- Toilet roll insert/paper towel insert
- Coloured paper/magazine/newspaper
- Glue, tape, scissors
- Piece of cardboard/lid from a shoe box



Summer SPORTS

GoldenBallz 12pm on Wednesday



28th of June to 11th of July

2021 men's and women's Wimbledon tennis championships:



July 23rd -August 8th
2021 Tokyo Olympic Games



24 Aug- 5th Sept 2021
Tokyo Paralympic Games

WEEK	COUNTRY	TRACK	DATE/WINNER
1	Bahrain	Sakhir	Hamilton
2	Emilia-Romagna	Imola	Verstappen
3	Portugal	Portimao	Hamilton
4	Spain	Barcelona	Hamilton
5	Monaco	Monaco	May 23
6	Azerbaijan	Baku	Jun 6
7	France	Le Castellet	Jun 20
8	Austria	Spielberg	Jun 27
9	Styria	Spielberg	Jul 4
10	UK	Silverstone	Jul 18
11	Hungary	Budapest	Aug 1
12	Belgium	Spa	Aug 29
13	Netherlands	Zandvoort	Sep 5
14	Italy	Monza	Sep 12
15	Russia	Sochi	Sep 26
16	Singapore	Singapore	Oct 3
17	Japan	Suzuka	Oct 10
18	USA	Austin	Oct 24
19	Mexico	Mexico City	Oct 31
20	Brazil	Sao Paulo	Nov 7
21	Australia	Melbourne	Nov 21
22	Saudi Arabia	Jeddah	Dec 5
23	Abu Dhabi	Yas Island	Dec 12

2021 Formula One Grand Prix





Friday 11th of June - Sunday 11th July 2021
2021 UEFA European football championships



All- Ireland Hurling, Football, camogie, and ladies football championships 2021:

May - August 2021



2020-21 NBA season Key dates

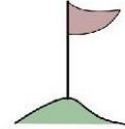
May 22 – July 22 2021
MBA playoffs





DIFFICULTY LEVEL = EASY

Sports Word Search



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



- ❖ FOOTBALL
- ❖ RUGBY
- ❖ GOLF
- ❖ TENNIS
- ❖ SWIMMING
- ❖ BADMINTON

- ❖ RUNNING
- ❖ HOCKEY
- ❖ NETBALL
- ❖ CRICKET
- ❖ DARTS
- ❖ ICE SKATING



Summer Healthy Cooking – Mon/Wed/Friday @12:30pm

INDIVIDUAL *Strawberry Cheesecakes*



INGREDIENTS

Biscuits

200 g Cream Cheese

Lemon zest and juice

50 g Icing Sugar

50 ml Single Cream

12 strawberries

Watch Eileen Making Strawberry Cheesecakes on our website
<https://sjogliffeyservices.ie/onlineengagesessions/healthy-eating/>
Or Try a Smoothie



Tropical Mango Smoothie

Ingredients

150g mango or plain yoghurt

1/2 cup Frozen mango

1/2 Banana

200ml Orange juice

Europe Natural Features

Europe is one of the seven continents. The other six are North America, South America, Africa, Asia, Australia and Antarctica. A continent is a group of countries in the same area of the planet. Countries in Europe include the United Kingdom, France, Holland and Greece. All over Europe there are plenty of examples of human and physical landmarks. Some of the most famous physical landmarks are mentioned below.



Mighty Mountains

In Greek mythology, Mount Olympus was the home of the gods and the throne of Zeus, the head god. It is the highest mountain in Greece, reaching 9,570 feet (2,917 metres) tall. You can usually see the mountain covered in snow for seven months every year between November and

May, the wettest season. The rain is caused by a thick blanket of clouds that cover part of the mountain.

Violent Volcano

Mount Vesuvius is an active volcano found in Italy, only nine miles from the city of Naples. It has erupted many times, most recently in 1944. The most violent eruption recorded happened in 79AD killing thousands of people and completely burying the nearby cities of Pompeii and Herculaneum.



Raging Rhine

The Rhine is one of the longest and most important rivers in Europe. It is over 1,232 kilometres (766 miles) long. Its source is in Switzerland and continues to flow through six countries in total before exiting into the North Sea. The river has been used for trade for many years, even as far back as the Roman era over

2,000 years ago. The river is still used for transporting goods today, and many towns have been built along the river to support the many businesses.

Glossary

active volcano

Can still erupt lava at any time

erupt

Explode lava and ash

goods

Things you buy and sell, like food or clothes

landmark

An object that is well known and easily remembered

mythology

Myths

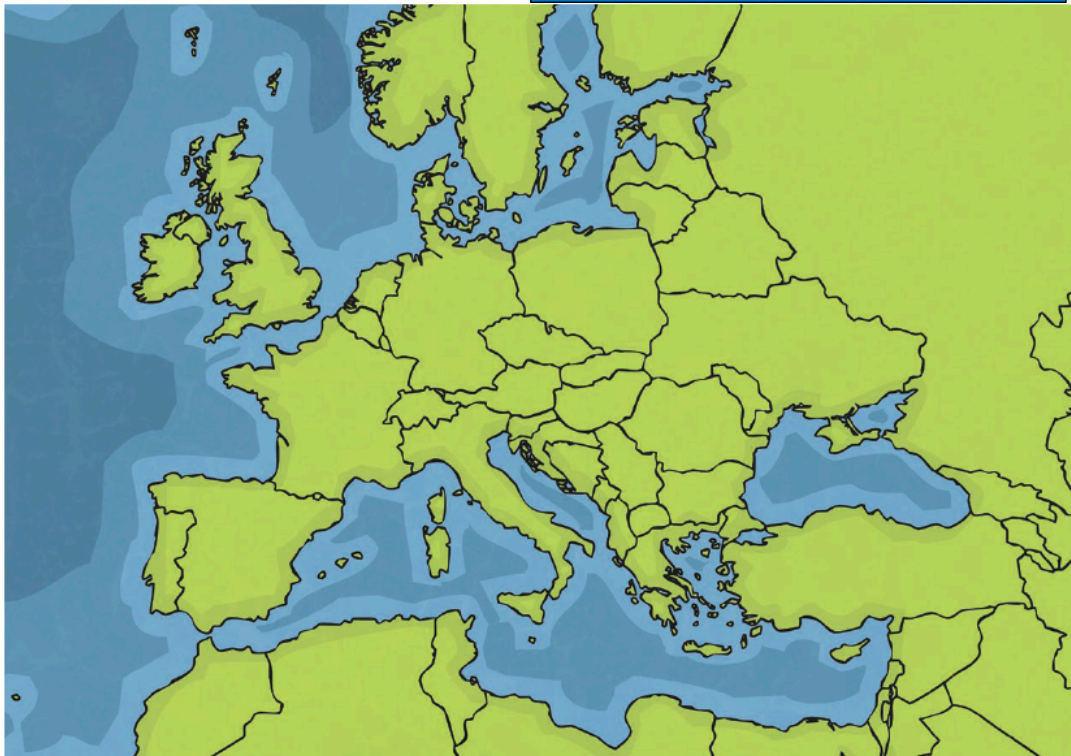
source

Where something is originally from

trade

Buying and selling

WHERE WOULD
YOU LIKE TO GO
ON HOLIDAY ?



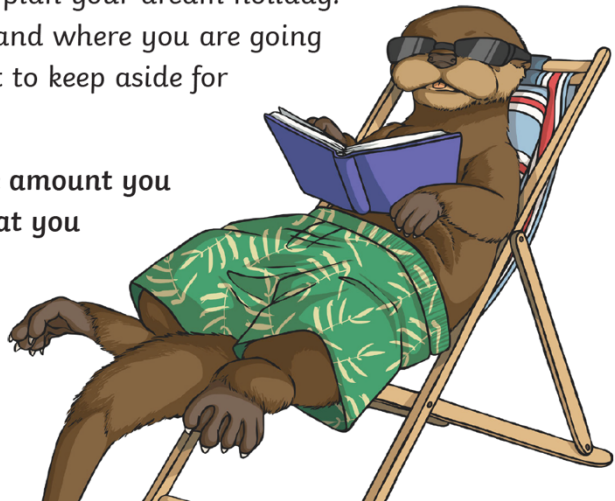
Budgeting

We're all going on a summer holiday... and I can choose what to spend within a budget!

Every year, lots of people go on holiday. A week in Spain, a city break to Paris, a fortnight in Disneyland, or somewhere completely different! It doesn't matter where you are jetting off to - one of the most important things is sticking to a budget when you are deciding where you want to go. You wouldn't want to spend all of your money on flights and a fancy hotel and have nothing left over to spend whilst you are on holiday.

Use what you have learned about budgeting to plan your dream holiday. Start off with the big expenses such as flights, and where you are going to stay. How much of your budget do you want to keep aside for spending money whilst you are on holiday?

Look at the example below. Remember that the amount you have left after each purchase is the amount that you start with in the following row.



What I have to spend? €	What I want to buy?	What will it cost?	How much money do I have left?

European Landmarks

Europe is one of the seven continents. The other six are North America, South America, Africa, Asia, Australasia and Antarctica. Some of the countries in Europe are the United Kingdom, France, Netherlands and Greece. Throughout Europe, you can find a variety of famous landmarks that bring millions of tourists to the continent every year. Here are three famous human landmarks.

Terrific Tower

The Eiffel Tower is found in Paris, France, and was completed on 31st March 1889. It took just over two years to build. Until 1930, it was the tallest building in the world, being 324m tall. This is the same as an 81-storey building! Seven million tourists visited in 2013, making it the most-visited paid monument in the world. There is even a miniature copy of the tower in Las Vegas, USA.

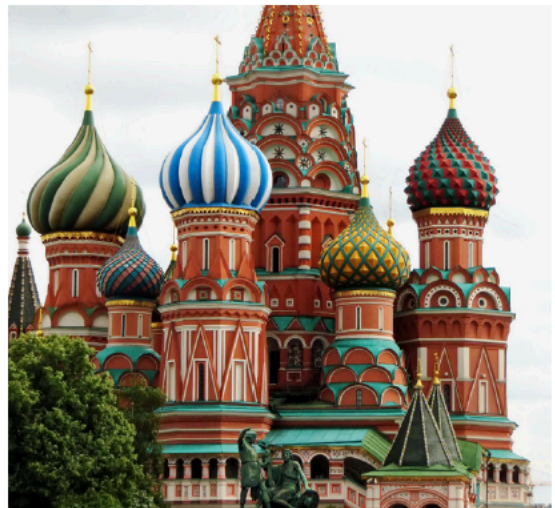


Mysterious Stones

The mysterious Stonehenge can be found in the English countryside in Wiltshire. People believe that the stones were erected around 5,000 years ago, but nobody is certain as to why. It is also a mystery of how the stones got there, with many believing that the stones were brought to Wiltshire from over 200 miles away. The mystery of the stones brings around a million visitors every year, with its busiest day on 21st June for the Summer Solstice.

Colourful Cathedral

St. Basil's Cathedral is found in Moscow, Russia and is shaped like flames, though many of the towers look like colourful ice cream cones. St. Basil's is the only cathedral of its kind; no others before or after have looked like that, which is why so many people flock to the famous landmark every year. It was built from 1555-61. This cathedral's cool design and colours are often mistaken for the Kremlin, the home of the Russian president.



Glossary

Erect – To put something together or build.

Continent – A group of countries.

Landmark – An object that is well known and easily remembered.

Monument – A statue or building to remember an important person or time.

Storey – A level in a building, such as ground floor, first floor, etc.



SUMMER WORD SEARCH

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

BARBEQUE
LEMONADE
HEAT

VACATION
SWIMMING
POOL

OUTSIDE
BEACH
SUNSCREEN

Growing Together

We began our journey in March and got everyone involved by asking everyone to join in 🌻 in our sunflower competition. Sunflower seed were posted to everyone. Each week we check in to see the progress of our sunflowers. We have yet to decide on the prize!!!



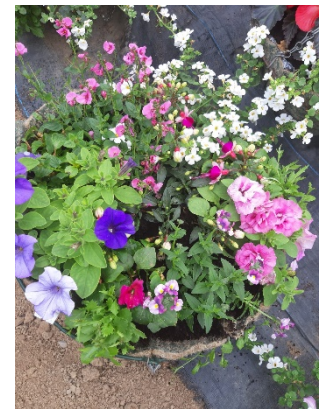
Together we have sown carrots, lettuce, beetroot, pumpkins, courgette, French beans, and cucumbers. They are all doing well!



We planted potatoes and tomatoes. Weather hasn't been kind and we had a setback with our tomatoes, unfortunately they were damaged by frost. With a little love and feed they have begun to take shape and regrow.



We swapped vegetables with flowers one week and we created our summer hanging basket. We used summer bedding plants such as Petunias, Busy Lizzies, and Geranium. This created a very colourful display.



It's great seeing everyone taking part in Growing Together and we look forward to everyone enjoying the fruits of our labour!!

