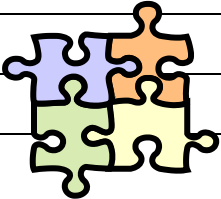



# AUGUST 2017 ITINERARY

<b>Tue 1<sup>st</sup></b>			
	<b>11.00am</b>	<b>Group crossword 3<sup>rd</sup> / outing to local gardens</b>	
	<b>3.00pm</b>	<b>Mass G.F / one-one</b>	
	<b>5.30pm</b>	<b>Pottery 3<sup>rd</sup> / lifestyle activities 2<sup>nd</sup></b>	
<b>Wed 2<sup>nd</sup></b> 			
	<b>11.00am</b>	<b>Viva life 3<sup>rd</sup> /sonas 2<sup>n</sup></b>	
	<b>2.00pm</b>	<b>Imigation gym</b>	
	<b>3.00pm</b>	<b>Live music G.Floor / one – ones</b>	
	<b>5.30pm</b>	<b>Rosary. Oratory / one - one</b>	
<b>Thur 3<sup>rd</sup></b>	<b>11.00am</b>	<b>Art class 3<sup>rd</sup> / one – ones</b>	
	<b>3.00pm</b>	<b>Bingo G.Floor</b>	
	<b>3.00pm</b>	<b>Dog therapy 4<sup>th</sup></b>	
	<b>5.30pm</b>	<b>Quiz 1<sup>st</sup> / one – ones</b>	
<b>Fri 4<sup>th</sup></b>	<b>11.00am</b>	<b>Arts and crafts 3<sup>rd</sup> / one - one</b>	
	<b>2.00pm</b>	<b>Boules in garden</b>	
	<b>3:00pm</b>	<b>Jewellery 3<sup>rd</sup> / gardening</b>	
	<b>5:30pm</b>	<b>Movie club 3<sup>rd</sup></b>	

# AUGUST 2017 ITINERARY

Sat 5 <sup>th</sup>	<b>11:00am</b>	<b>Bowling 1<sup>st</sup> floor</b>	
	<b>2.00pm</b>	<b>One – ones</b>	
	<b>3.00pm</b>	<b>Group exercises 3<sup>rd</sup></b>	
	<b>5.30pm</b>	<b>Cards and dominos 1<sup>st</sup></b>	
Sun 6 <sup>th</sup>	<b>11:00am</b>	<b>Rosary 1<sup>st</sup> floor</b>	
	<b>2.00pm</b>	<b>One – ones – virtual bus</b>	
	<b>3.00pm</b>	<b>Sports Sundays G.Floor</b>	
	<b>5.30pm</b>	<b>Board games 3<sup>rd</sup></b>	
Mon 7 <sup>th</sup>	<b>11.00am</b>	<b>Group exercises 1<sup>st</sup> / one – ones</b>	
	<b>2.00pm</b>	<b>Outing</b>	
	<b>3.00pm</b>	<b>Sonas 2<sup>nd</sup> floor</b>	
	<b>5.30pm</b>	<b>Target games 3<sup>rd</sup></b>	
Tue 8 <sup>th</sup>	<b>10.45am</b>	<b>Outing to links centre</b>	
	<b>11.00am</b>	<b>Group crossword 3<sup>rd</sup></b>	
	<b>2.00pm</b>	<b>Walk to park</b>	
	<b>3.00pm</b>	<b>Mass G.Floor/ one – ones</b>	
	<b>5.30pm</b>	<b>Pottery 3<sup>rd</sup> / mens club 3<sup>rd</sup></b>	

# AUGUST 2017 ITINERARY

Wed 9 <sup>th</sup>	11.00am	Viva life 3 <sup>rd</sup> / lifestyle activities 2 <sup>nd</sup>	
	2.00pm	Ball games 2 <sup>nd</sup>	
	3.00pm	Live music- all floors /one – ones	
	5.30pm	Rosary. Oratory / one – ones	
Thur 10 <sup>th</sup>	11.00am	Art class 3 <sup>rd</sup> / lifestyle activities 2 <sup>nd</sup>	
	2.00pm	One – ones	
	3.00 pm	Bingo G.Floor / Dog therapy 4 <sup>th</sup>	
	5.30 pm	Board games 3 <sup>rd</sup> / one - ones	
Fri 11 <sup>th</sup>	11:00am	Ladies club- nails and knitting / one – ones	
	2.00pm	Boules in the garden	
	3:00pm	Jewellery 3 <sup>rd</sup> /mens club	
	5:30pm	Poetry 3 <sup>rd</sup>	
Sat 12 <sup>th</sup>	11.00am	Coffee morning news and chats G.Floor	
	2.00pm	One – ones	
	3.00pm	Music afternoon G.Floor	
	5.30pm	Target games	



# AUGUST 2017 ITINERARY

<b>Sun 13<sup>th</sup></b>	<b>11.00am</b>	<b>Rosary 1<sup>st</sup></b>	
	<b>2.00pm</b>	<b>One – one -Virtual bus</b>	
	<b>3.00pm</b>	<b>Sports Sundays G.Floor</b>	
	<b>5.30pm</b>	<b>Imagination gym 3<sup>rd</sup></b>	
<b>Mon 14<sup>th</sup></b>	<b>11.00am</b>	<b>Group exercises 3<sup>rd</sup> / one – ones</b>	
	<b>2.00pm</b>	<b>Outing</b>	
	<b>3:00pm</b>	<b>Sonas 2<sup>nd</sup> floor</b>	
	<b>5:30pm</b>	<b>Ball games 1<sup>st</sup> / one – ones</b>	
<b>Tue 15<sup>th</sup></b>	<b>10.45am</b>	<b>Outing to local gardens</b>	
	<b>11.00am</b>	<b>Group corsswords 3<sup>rd</sup></b>	
	<b>2.00pm</b>	<b>Walk to park</b>	
	<b>3.00pm</b>	<b>Mass G.Floor/ one - ones</b>	
	<b>5.30pm</b>	<b>Pottery 3<sup>rd</sup> / one – ones</b>	



# AUGUST 2017 ITINERARY

Wed 16 <sup>th</sup>	11.00am	viva life 3 <sup>rd</sup> / lifestyle 2 <sup>nd</sup>	
	2.00pm	One – ones	
	3.00pm	Viva life 3 <sup>rd</sup> / baking g.floor	
	5.30pm	Rosary. Oratory / one - ones	
Thur 17 <sup>th</sup>	11:00am	Art class 3 <sup>rd</sup> / walk and talk 2 <sup>nd</sup>	
	2:00 pm	One - ones	
	3.00pm	Bingo G.Floor	
	5.30pm	Target Games 3 <sup>rd</sup> /one - ones	
Fri 18 <sup>th</sup>	11.00am	Arts and crafts 3 <sup>rd</sup>	
	2.00pm	Boules in garden	
	3:00pm	Jewellery 3 <sup>rd</sup> imagination gym 2 <sup>nd</sup>	
	5:30pm	Movie club 3 <sup>rd</sup> floor one - ones	

# AUGUST 2017 ITINERARY

Sat 19 <sup>th</sup>	11.00am	Flower arranging 1 <sup>st</sup> / lifestyle 2 <sup>nd</sup>	
	2.00pm	One – ones	
	3.00pm 5.30pm	Group exercises 3 <sup>rd</sup> Relaxation and meditation 3 <sup>rd</sup>	
Sun 20 <sup>th</sup>	11.00am	Rosary 1 <sup>st</sup>	
	2.00pm	One – ones	
	3.00pm	Music G.Floor	
	5.30pm	Hangman games	
Mon 21 <sup>st</sup>	11.00am	Group exercises 3 <sup>rd</sup> one – ones	
	2.00pm 3:00pm	Outing Sonas 2 <sup>nd</sup>	
	5:30pm	ball games 1 <sup>st</sup> one – ones	

# AUGUST 2017 ITINERARY

Tue 22 <sup>nd</sup>	10.45am 11:00am	Outing to links Group crosswords	
	2.00pm	Walk in the park	
	3.00pm	Mass G.Floor	
	5.30pm	Pottery 3 <sup>rd</sup>	
	5.30pm	One – ones	
Wed 23 <sup>rd</sup>	11:00am	Viva life 3 <sup>rd</sup> One – ones	
	2.00pm 3:00pm	Lifestyle activities 2 <sup>nd</sup> Viva life 3 <sup>rd</sup> / one – ones	
	5:30pm	Board games 3 <sup>rd</sup> One – ones	

# AUGUST 2017 ITINERARY

Thur 24 <sup>th</sup>	<b>11:00am</b>	<b>Art class 3<sup>rd</sup> / walk and talk 3<sup>rd</sup></b>	
	<b>2.00pm</b>	<b>One – ones</b>	
	<b>3.00pm</b>	<b>Bingo G.Floor</b>	
	<b>5.30pm</b>	<b>Relaxation – imagination gym One – ones</b>	
Fri 25 <sup>th</sup>	<b>11.00am</b>	<b>Scrapbooking &amp; crafts 3<sup>rd</sup> / one – ones</b>	
	<b>2.00pm</b>	<b>Boules in garden</b>	
	<b>3.00pm</b>	<b>Jewellery 3<sup>rd</sup></b>	
	<b>5.30pm</b>	<b>Movie club 1st / one – ones</b>	
Sat 26 <sup>th</sup>	<b>11.00am</b>	<b>Coffee morning news and chats G.Floor</b>	
	<b>2.00pm</b>	<b>One – ones</b>	
	<b>3.00pm</b>	<b>Ladies club – knitting and nails</b>	
	<b>5.30pm</b>	<b>Board games 3<sup>rd</sup></b>	
Sun 27 <sup>th</sup>	<b>11:00am</b>	<b>Rosary 1<sup>st</sup></b>	
	<b>2.00pm</b>	<b>One – ones</b>	
	<b>3.00pm</b>	<b>Sports Sunday G.Floor</b>	
	<b>5:30pm</b>	<b>Quiz 3<sup>rd</sup></b>	



# AUGUST 2017 ITINERARY

<b>Mon 28<sup>th</sup></b>	<b>11:00am</b>	<b>Group exercises / Sonas 2<sup>nd</sup></b>	
	<b>2.00pm</b>	<b>Outing</b>	
	<b>3:00pm</b>	<b>Quiz with tlc Santry G.Floor</b>	
	<b>5:30pm</b>	<b>Bowling 1<sup>st</sup></b>	
<b>Tue 29<sup>th</sup></b>	<b>10.45am</b>	<b>Trip to local gardens</b>	
	<b>11.00am</b>	<b>Group crosswords 3<sup>rd</sup></b>	
	<b>2.00pm</b>	<b>One - ones</b>	
	<b>3.00pm</b>	<b>Mass G.F</b>	
	<b>5.30pm</b>	<b>Pottery 3<sup>rd</sup></b>	
<b>Wed 30<sup>th</sup></b>			
	<b>11.00am</b>	<b>Viva life 3<sup>rd</sup> / lifestyle activities 2<sup>nd</sup></b>	
	<b>2.00pm</b>	<b>One – ones</b>	
	<b>3.00pm</b>	<b>Live music G.Floor</b>	
<b>5.30pm</b>	<b>Rosary . Oratory one – ones</b>		

# AUGUST 2017 ITINERARY

<b>Thur 31<sup>st</sup></b>	<b>11.00am</b>	<b>Art class 3<sup>rd</sup> / lifestyle activities 2<sup>nd</sup></b>
	<b>2.00pm</b>	<b>One – ones</b>
	<b>3.00pm</b>	<b>Bingo G.Floor</b>
	<b>5.30pm</b>	<b>Cards and dominos 3<sup>rd</sup></b>

