

# Resident's Roundup

Sunday 01<sup>st</sup> June, 2025

**"ITS NOT THE YEARS IN YOUR LIFE THAT COUNT. IT'S THE LIFE IN YOUR YEARS"**

**Monday:** The residents began their day with a relaxing nail care session—some had their nails trimmed and buffed, while the ladies enjoyed having their nails painted. It was a chilly morning with a light drizzle, setting a cozy tone for the day. Later, everyone participated in a live physiotherapy session with IAGE Health, and the afternoon was spent unwinding with some TV time. 🎵 🧘

**Tuesday:** The day started with music and exercises. Later, we had fun playing a game of Alphy. In the evening, we relaxed and watched TV together since the Riverwalk was cancelled. 🧘

**Wednesday:** The day started with an indoor walk, followed by a Residents Meeting, which went really well. Before lunch, they enjoyed a Music Therapy session, and after lunch, they relaxed by watching a movie.

**Thursday:** The residents began their day with music and exercise led by our in-house physiotherapist, Kaitlin. Afterwards, we played a game of Alphy, with Dot Anderson winning four prizes! In the afternoon, the Clontarf Boys joined us for a Riverwalk.

**Friday:** The residents began their day with a cheerful sing-along, followed by a lively game of Hoy, where Connie Maher took home an impressive eight prizes! The day carried on with Happy Hour, a classic fish lunch, and a peaceful afternoon that ended with many residents enjoying a well-deserved nap 🎵 🧘



# Week beginning

## 02<sup>nd</sup> - 06<sup>th</sup> June 2025

### Monday 02<sup>nd</sup> June

08.30am – Walk Around Indoor  
11.00am- Live Allied Health session  
2.10pm – Watching TV

### Tuesday 03<sup>rd</sup> June

08.30am- Nail Care  
11.00am- Baking Chocolate Muffins  
3.30pm – Taking A Nap

### Wednesday 04<sup>th</sup> June

09.00am- Music & Exercise  
11.10am- Alphy  
2.10pm – Cooking Day

### Thursday 05<sup>th</sup> June

09:00am – Church Service with Kaye  
11.00am- Poetry with Nick  
3.00pm – Riverwalk with Clontarf

### Friday 06<sup>th</sup> June

08:30am- Walk Around Indoor  
11.00 am –Hoy  
12.00pm- Happy Hour

### SATURDAY & SUNDAY

The Care staff will be organizing fun activities such as balloon tapping, ball passing, hand massages, and more.