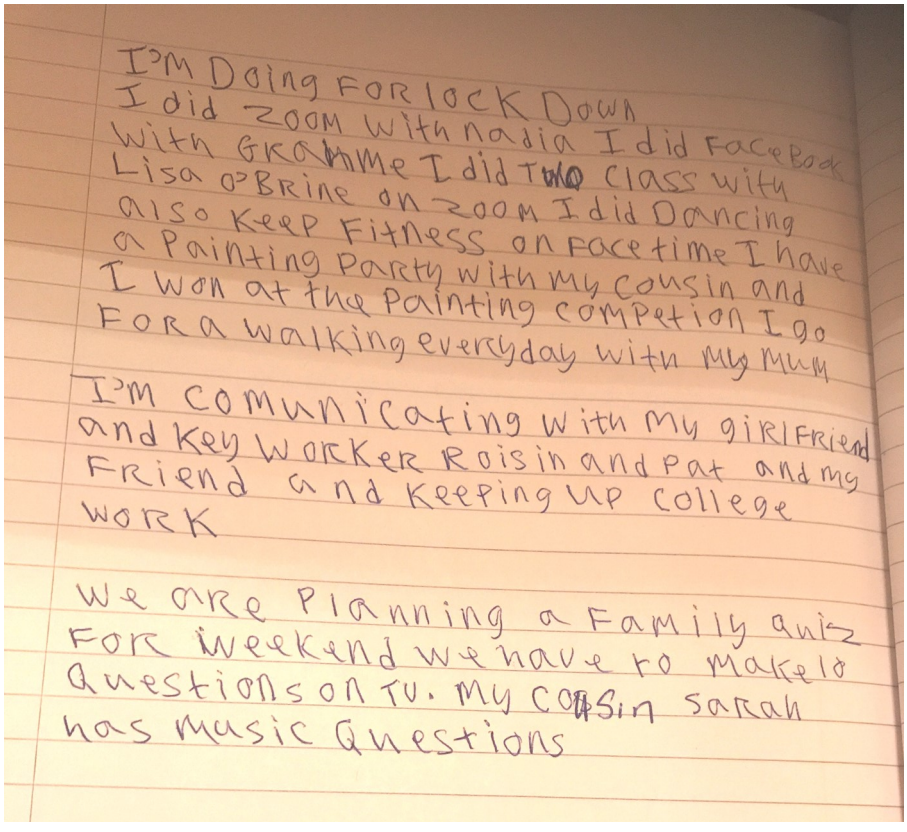


What I am Doing For Lock Down

By Matthew Davis


I'm Doing For lock Down
I did Zoom with nadia I did Facebook
With Graeme I did two class with
Lisa o'Brine on Zoom I did Dancing
also Keep Fitness on Facetime I have
a Painting Party with my cousin and
I won at the Painting competion I go
For a walking everyday with my mum

I'm comunicating with my girlfriend
and key worker Roisin and Pat and my
Friend and Keeping up College
work

We are Planning a Family quiz
For weekend we have to make 10
Questions on TV. My cousin Sarah
has music Questions





THE PHOENIX

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What are Members doing to Keep Busy During Lock Down?

Find out about how our members, and their friends and family are keeping busy during lock down Pg. 1,2

Lakers Online Timetable & Lakers Notices.

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Mindful moments with Lisa Pg.3.

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Handy Links to keep the kids entertained

Pg. 3



We are so proud of all of our members

who are helping to stop the spread of Covid-19 by keeping busy at home.

Lakers Classes are now online ! Click here to download our **Virtual Class Timetable**

To book zoom classes please complete the weekly booking form download here and return to info@lakers.ie 24 hours prior to start time.

You can also access past cookery and workout classes on our website HERE

Monday	Tuesday	Wednesday	Thursday	Friday
Lisa Senior Dance 11am-12am Zoom	Lisa Junior Keep-Fit 11am-12am Zoom	Nadia & Christine Teen Music & Art 11am-11.30am Zoom	Lisa Adult Fitness 10am-11am Zoom	Graham Keep-Fit 9.30am-10.30am Facebook Live
Niamh Cookery Video @ 2pm Facebook	Graham Keep-fit @ 2pm Facebook Live	Lisa Relaxation class 12am-1pm Zoom	Lisa Junior Fitness 11.30am-12.30am Zoom	Nadia Junior & Teen Music meet-up 11am-11.40am Zoom
	Christine Senior Art 3pm-4pm Zoom	Nadia Sing-along 2pm-2.40pm Zoom	Niamh Cookery 3pm-3.45pm Zoom	



7 Day Mindfulness Plan

With Lisa O'Brien



Mindfulness Monday
Ease yourself into the week gently. Stretch in the morning, remember to breathe deeply down to your tummy & be as present as you can throughout the day. Try to not let your thoughts wander or think ahead into the week.

Take a walk Tuesday
Get some fresh air today, whether it is out your back garden or a walk in the park. March them steps up using your phone tracker or step counter watch. Aim to get at least 6,000 steps a day. This will not always be possible & that is ok. Set yourself a realistic goal

Wear cosies Wednesday
Its midweek, you are doing great!! Why not get into your pjs early, stick on your favourite movie, turn your phone off & relax.

Thinking Thursday
Write down 3 things you are grateful for– this can be a person, things in your life, the weather, anything!! Big or small!!! I wonder did you include yourself in the 3 things? Be grateful for how strong & brave you are during all this. You are amazing!!

Feeling Fresh Friday
You have made it through the week! You may have been up and down emotions, energy and mood wise. That is perfectly normal & perfectly ok, even if it doesn't feel it. When you open the curtains today say to yourself "today is a great day". Simple. Have an extra long shower, put on your favourite t-shirt, your brightest pair of socks & smile!! Today will be a good day if you set your intentions right!

Surprise Saturday
Each Saturday try to plan to do one fun thing- whether it be a nature hunt, a family quiz online, arts & crafts, karaoke, try a new recipe you have never done before, whatever you do enjoy planning it, doing it and talking about it afterwards.

Simple Sundays
Self care- take it easy, take a bath, have quiet time, eat home cooked food, get fresh air, do whatever feels good for you
Enjoy,
Lisa x

Graham Hillick—What do I do to help my mental health while in lockdown?



I know it might sound like an old cliché, but I love to exercise. I do all forms of training from high intensity, circuit training, weight training and cardio. Exercise may not be for everyone, and that is totally fine, nor may it work for everyone. But if I am feeling a bit low or anxious, I would do some form of exercise and that usually makes me feel better and mentally it puts me in to a better place. I also like to listen to music. I would put on my headphones and blast music for about 30 mins – 60 mins

Great Links to keep the kids busy

Christine Power

Art based activity

https://ark.ie/projects/the-ark-at-home

https://recreate.ie/interactive-workshops/

Music -free for parents

https://dabbledoomusic.com/p/parents-subscription-full-access

The Great Isolation Activity pack

https://drive.google.com/file/d/1gasHX74OYHHH4hrrP5Y823FarA_Tgnul/view

Free eBook- Everybody Worries https://www.booksfortopics.com/post/free-ebook-for-children-everybody-worries

Storyline –Online (Videos of Actors reading children's stories)
https://www.storylineonline.net/

Nadia is Setting Up a Creative Writing Group & invites you to join!



It will run from the 25th of May until the 26th June. Any members that are interested in joining should register their interest with info@lakers.ie. You will need access to an email account to take part.

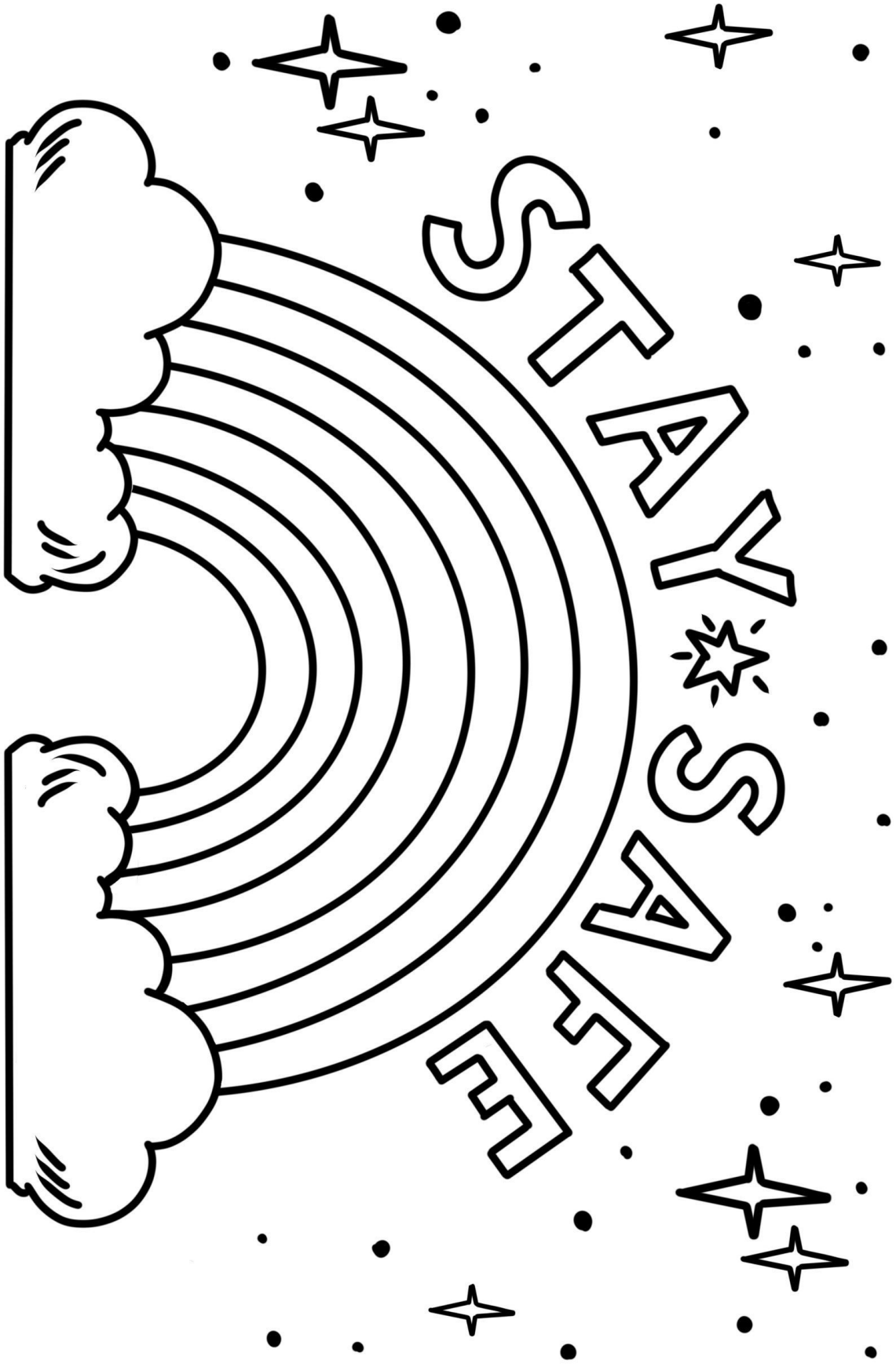
Spaces will be limited so sign up by the 22nd May





We are looking for members to write articles and share photos & drawings for our next edition

Email Kathy.Baker@lakers.ie and you could be in our next issue



THE PHOENIX

May'20

Design Assistant: Marian O'Rourke

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