



**VIRTUE  
INTEGRATED  
CARE**

## **ACTIVITIES**

Available at the Wellness Centre

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## WELCOME

Our members will enjoy a variety of fun, enjoyable and engaging activities. We will host these activities both at the Health & Wellness Centre and also in your home as part of our Engage program.

The Social Care Manager and her team will facilitate each of your sessions. These will also include light refreshments and a meal at lunchtime. A schedule of sessions will be published weekly in advance. Members can view the list and select and book the sessions that are most suitable for them.

Members can also schedule appointments with the medical and healthcare teams and these can be delivered during your time at the Health and Wellness Centre. Members will be notified of changes to our schedule as these may become necessary from time to time. We will do our best to keep changes to the schedule to a minimum.

This brochure contains information on the various activities, recreational groups and therapy groups hosted in the Health & Wellness Centre. While we have an extensive list of activities that should cater for all our members interests, we are very open to new ideas. We would welcome suggestions of any other activities that we could add to suit an individual's needs or interests.

[VIRTUEINTEGRATEDCARE.IE](http://VIRTUEINTEGRATEDCARE.IE)

G9, Bakers Point,  
Pottery Road, Dun Laoghaire,  
Co Dublin, Ireland, A96 EN23

E: [info@virtueintegratedcare.ie](mailto:info@virtueintegratedcare.ie)  
T: +353 (0) 1 255 1190

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## ACTIVITY, RECREATIONAL & THERAPY GROUPS

The following are examples of group and individual activities offered to members at various times throughout the year:

- Bingo
  - Physiotherapy Group
  - Flower Arranging
  - Therapy Dogs
  - Dance classes
  - Exercise Classes
  - Baking
  - Outings
  - Aromatherapy & Relaxation
  - Arts & Crafts group
  - Beauty Therapy
  - Quiz – General Knowledge & Differing Themes
  - Education talks
  - Bake-offs
  - Newspaper / post
  - Music Appreciation Group – For example Classic Hits of the 60s Morning
  - TV's, DVD's, CD's, Radio
  - Book Club
  - One to One Activity
  - Card Games
  - Live Music Sessions
  - Sing a Long
  - Karaoke
  - SONAS Reminiscence Therapy
  - Memory Box Development & Displays
  - Documentary & Film Group
  - Sensory Stimulation
  - Community Schools Visit
  - Seasonal Tastings
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## BOARD GAMES, CARD GAMES & QUIZES

### Games options

- Bridge
- Draughts
- Jigsaws
- Boggle
- Connect Four
- Quizes

Game playing enhances fine Motor Skills. Arthritis is particularly hard on a senior's hands, and keeping those joints moving is important for reducing stiffness.

Other health benefits include: Retain cognitive functioning, boost the immune system and promotes communication.

### EQUIPMENT PROVIDED TO YOU:

Your PA will ring you in advance of your session and you can pick from a range of 2 person card/board games or Quiz options. You will also have the option of jigsaws to complete. There will be a weekly group activity in wellness centre promoting fun, laughter and interaction.

### ASSISTANCE:

Facilitated by wellness PA – You will spend your 2hours fully engaged in your chosen game with your PA.

### DURATION:

2 hours



# ART THERAPY

## What is the Arts & Crafts?

Arts and crafts is an excellent opportunity to allow members to experiment and explore using their imagination. This may include painting, drawing, sketching, colouring and a variety of craft projects.

Arts and crafts allows for members to be creative and also is an excellent social group enhancing social interaction with other residents. The art and crafts class is held weekly.

All materials including paint, brushes, canvas' are provided should a member wish to do arts and crafts in their own time within the centre.

### ART OPTIONS

- Seasonal Art
- Aquapaint
- Card Making
- Canvas Art
- Art Competitions

### ASSISTANCE:

Art Therapy Teacher / PA

### DURATION:

1 hour



# PHYSIOTHERAPY GROUP & EXERCISE CLASSES

## Physiotherapy

While physiotherapy cannot stop ageing it can help to reduce the impact that it has on our bodies and our lives. Physiotherapists are trained to identify physical and other factors that prevent people from being as active and independent as they can be, and then they find ways of overcoming them.

This makes them ideally placed to help older people stay as active as they can be. In fact physiotherapy has been shown to improve many of the factors associated with ageing including strength, balance, coordination, flexibility and pain levels.

Ultimately physiotherapy has been proven by research to help older adults to maintain their health, well-being, functional ability and independence.

### WHAT IS INVOLVED:

This involves Physio and exercise classes completed by the Physiotherapist. These group sessions follow a variety of chair-based and standing exercises.

Exercises are adapted for each resident and aids can be used to encourage participation such as music, games, batons and balls.

### ASSISTANCE:

Facilitated by our Physiotherapist

### DURATION:

1 hour



## 'EXTEND' DANCE & EXERCISE CLASSES

### What happens in Exercise Classes?

This involves dance and music to popular old-time classics from all the greats. It's a lively and interactive class that encourages the residents to have fun while doing gentle exercise for a range of abilities. Aids such as batons and balls are used to promote agility and mobility.

#### ASSISTANCE:

Facilitated by our 'EXTEND' Dance teacher

#### DURATION:

1 hour



# BINGO

Fun and action packed game of bingo, weekly

## RULES OF THE GAME:

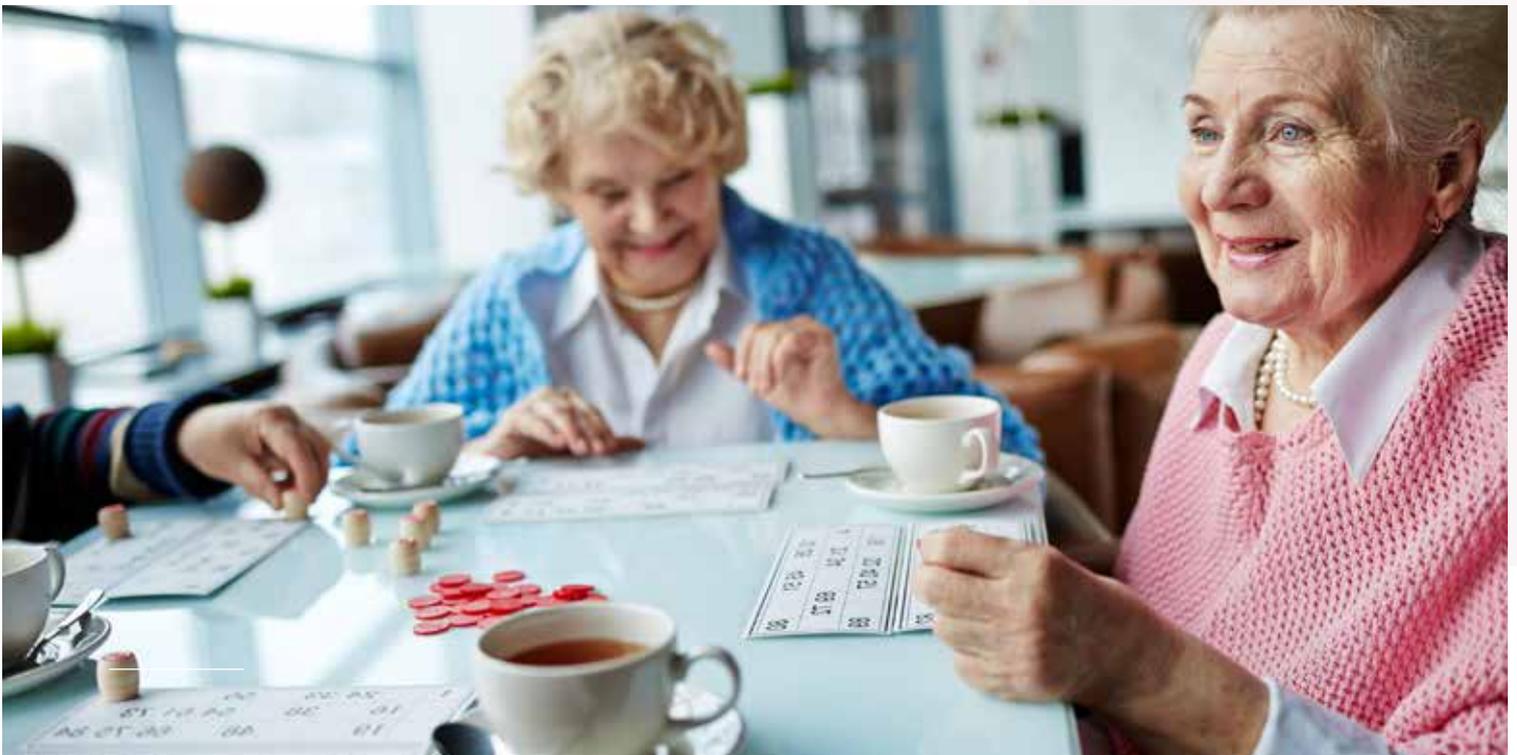
- Pick a Bingo Card.
- Staff member calls out numbers.
- Use a marker provided to put an X on the number if it's called out.
- If all your numbers are called out, you win a prize!

## ASSISTANCE:

Facilitated by The Wellness Centre PA

## DURATION:

1 hour



# SONAS THERAPY

## SONAS

The Sonas Programme involves stimulation of all five senses, gentle exercise, relaxing music, singalongs and memory-focused exercises.

Benefits for participants include improved mood, enhanced wellbeing and communication.

### WHAT IS SONAS THERAPY?

The Sonas programme is a therapeutic communication activity primarily for older people, which focuses on sensory stimulation, in the belief that the senses are the gateways to communication.

The Sonas Practitioner may use various mediums like, Musical – songs, musical instruments, clapping exercise, active and passive movements to music, Sensory – taste items, smell kits, oils, fresh herbs like mint/ lavender, Tactile – clapping message, Memory – songs, proverbs poetry.

This is an 8-week programme. Ideally the same residents take part in the full eight week session (maximum of 6-8 residents per session).

### ASSISTANCE:

Facilitated by a trained Sonas PA

### DURATION:

40–60 minutes



# STORIES, POETRY, PROVERBS & REMINISCING

## What can i expect?

This involves exchanging memories with other residents and passing on information, wisdom and skills through the medium of storytelling and poetry.

Members are encouraged to freely discuss poems and stories relating to many themes, this may include holidays, travel, losses (this list is not exhaustive).

## ASSISTANCE:

Facilitated by The Wellness Centre PA

## DURATION:

1 hour



## BEAUTY & GROOMING SESSION

### What's in my session?

Pamper Sessions are available to members by appointment during the weekly Make-over mornings/afternoons as per Weekly Activity Schedule and facilitated by the PAs.

The treatments can include Manicures, Aromatherapy Hand Massage and Makeup application.

### ASSISTANCE:

Facilitated by a dedicated PA

### DURATION:

15–25 minutes



## INDOOR GARDENING AREA

### 5 Ways gardening boosts senior health

- Gardening lowers stress
- Increases serotonin
- Boosts heart health and reduces the risk of stroke
- Increases mobility
- Boosts brain health

#### GARDENING OPTIONS:

Gardening in our purpose built indoor gardening area will take place and seasonal bedding plants, bulbs and seeds will be planted into beds.

Residents will be facilitated to arrange floral displays to display throughout the Wellness Centre. Displays of various styles and sizes may be created. This group will be more occasional and seasonal.

#### ASSISTANCE:

Facilitated by The Wellness Centre PA

#### DURATION:

1-2 hours



# LIVE MUSIC

## Fun and lively

Members can enjoy live music sessions within the Wellness Centre with a mixture of genres. Residents can sing along, dance or just sit back and relax as they are entertained by talented singers and musicians.

This is a perfect opportunity for residents to meet and enjoy the beat!

### WHAT CAN I EXPECT?:

Sing Along, get up and Dance or simply sit and enjoy the music

### ASSISTANCE:

Facilitated by The Wellness Centre PA

### DURATION:

60–90 minutes



## TV, RADIO, BOOKS, NEWSPAPERS

### What can i expect?

Members at all times shall be provided with the opportunity to access the TV, the radio or newspaper. For Members who do not attend activities especially the TV and radio shall be made accessible.

Members shall have the opportunity to also listen to requested music or watch requested films.

### ASSISTANCE:

Facilitated by The Wellness Centre PA

### DURATION:

1-2 hours



# OUTINGS WITH THE WELLNESS CENTRE

## What can i expect?

The Wellness Centre recognises that each member is a unique individual and is treated as such through the provision of varying interests and activities that are beneficial, enjoyable and improve the resident's quality of life.

## OUTINGS MAY INCLUDE:

- Afternoon Tea
- Museums
- Theatre
- Parks
- Garden Centres
- Castles

## ASSISTANCE:

Facilitated by The Wellness Centre PA.  
Transport will be arranged for outings.  
All outings are weather permitting.  
Outings will incur an additional cost.













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Our team of medical and healthcare experts provide a service that works in partnership with families.

We work to help keep family members well and living at home within their communities for as long as possible.

As people get older they can develop complex health and social care needs. This can be difficult to navigate and managing multiple care needs from what can be a stretched healthcare system can be very difficult.

Our service will give our members access to personalised medical and clinical services as well as offering them a mix of creative, physical, informational and fun activities.

Virtue Integrated Care is the only community based service that works with families to provide the right care at the right time for the older person.

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