
















Orange and carrot soup with Safe Food Ireland  <ul style="list-style-type: none">• 15ml vegetable oil• 1 large onion• 50g ginger• 1 large orange• 100ml orange juice• 500ml low salt vegetable stock• 500g of carrots	Learn to bank with AIB  <ul style="list-style-type: none">• Phone or tablet• Pen and paper	Chair exercises with Paul  <ul style="list-style-type: none">• Strong chair• Water• Comfortable clothing
Sea-life art with Edel part four  <ul style="list-style-type: none">• Paper• Pencil• Ruler• Eraser	The big question with Drumlin House  <ul style="list-style-type: none">• Pen and paper	Aerobics with Arita  <ul style="list-style-type: none">• A drink of water• Comfortable clothing• Comfortable shoes• A chair• Space to move
Hand massage with beauty by Ann Young  <ul style="list-style-type: none">• Baby oil• Hand cream• Towel	Beef stroganoff with Safe Food Ireland  <ul style="list-style-type: none">• Vegetable oil	Mindfulness minutes with John  <ul style="list-style-type: none">• A quiet room

	<ul style="list-style-type: none"> • 2 small onions • Dried herbs • 16 button mushrooms • 2 tbsp of low-fat crème fraiche • 2 cloves of crushed garlic • Black pepper • 150g beef stew • 2 tsp paprika • 125ml low salt vegetable stock 	<ul style="list-style-type: none"> • Relaxing music • A comfortable place to relax • Hand sanitiser
Interview preparation with Ciara  <ul style="list-style-type: none"> • Pen and paper • Worksheet 	Block painting with Andy  <ul style="list-style-type: none"> • Paint • Paint brushes • Pencil • Paper • Ruler • Black marker 	Exercise with Aine  <ul style="list-style-type: none"> • Strong chair • Water • Comfortable clothing
Anstract photography with Anna  <ul style="list-style-type: none"> • Large object i.e. chopping board/book • Tinfoil • Phone or tablet 	Foot massage with beauty by Ann Young  <ul style="list-style-type: none"> • Baby oil • Homemade scrub • Foot cream • Towel 	Yoga with Anita  <ul style="list-style-type: none"> • A drink of water • Comfortable clothing • Comfortable shoes • A chair • Space to move • Banket or cushion

