



St. Michael's House Newsletter

October / November / December 2019



2019 what a year!!!



2019 was a pretty spectacular year for the Omni as it was the 10th official anniversary! We marked this big achievement in true Omni party style with a ball in Clontarf Castle and coffee morning in the unit for family and friends but that's not the only accomplishment the centre achieved this year!

As a group we achieved numerous QQI certificates including one major award! Well done David Hall!!!! We also completed hundreds of individual courses and personal goals! We had college super star with Glen O' Connor attending the DCU ability programme and Nicole Leavey's phenomenal achievement of a merit in her community based HACCAP course!

Not only that but we walked mini marathons, fundraised, organised and ran an amazing summer programme, holidayed, got creative in the art room, rode horses, boats and buses, scaled walls.... it really was a momentous 2019 and we cant wait to see what 2020 has planned for us!!!!!!!

Fundraising Achievements 2020!

We would like to take this opportunity to thank everyone who helped us throughout this extremely successful fundraising year!

THANK
YOU!

With the support of family and friends of the Omni, the centre has raised just under €10,000 since May!!!!

Christmas Bowling 2019



Another fun year at the Leisureplex annual Christmas bowl!

Christmas opening hours

Closed	Tuesday	24 th	December 2019
Closed	Wednesday	25 th	December 2019
Closed	Thursday	26 th	December 2019
Closed	Friday	27 th	December 2019
Closed	Saturday	28 th	December 2019
Closed	Sunday	29 th	December 2019
Closed	Monday	30 th	December 2019
Closed	Tuesday	31 st	December 2019
Closed	Wednesday	1 st	January 2020
Open	Thursday	2 nd	January 2020



● ● Sutton Lawn Tennis ● ●
● ● Christmas Party ● ● ●



A big **THANK YOU** to Sutton Lawn Tennis for all their support in 2020!

Christmas Party 2019 - Jam Park Swords



NOM NOM NOM



Christmas Wrap Recipe

Ingredients

- Brie
- Ham
- Turk
- Cranberry sauce
- Stuffing
- Lettuce
- Mayonnaise

1 Get a wrap

2 Spread some mayonnaise and cranberry on it

3 add a handful of lettuce

4 place a slice of turkey and a slice of ham on top of lettuce

5 add on top a slice of brie cheese

6 sprinkle a small handful of stuffing

7 wrap tightly and enjoy!

New2U Fashion Show

Fashion star Sarah Boyne strikes again in this years 2019 fashion show in the RDS.

Well done Sarah!



Our Christmas Poem

Christmas is here,
Time for good joy and cheer

Presents are ready all under the tree,
Wrapped and sparkling waiting for me

A good time of year for holiday fun ,
Warm mulled wine and mince pies for
everyone

The tree is lit with lights at night,
Our houses sparkling by candle light

The shops are full of red bows and trees,
With shoppers shopping at their ease

Santa is packing his bag for the flight,
With his sleigh full of toys for the girls and
boys

The turkey and ham is slowly cooked
With pudding and pies ... 3 cheers for the cook

Jesus will be born for all to rejoice,
Utter his name softly is a sweet voice

So enjoy the holiday a have great fun
and we will be back when its all done!



By David Knox, David Hall , Ciaran Doyle,
Stephen Flynn

QQI Graduation November 2019

Well done to all our QQI graduates especially David Hall on his achievement of a major award!



Unit Meeting

Every Thursday after lunch at 2pm the unit meeting is held. This meeting gives everyone the opportunity to have their voice heard, if you have an idea that could improve the Omni it would great if you bring it to the meeting and include them for discussion. Other things covered at the meeting include information about things that have an impact on the centre and the wider St Michael s house, as well as new opportunity for learning and development, late evenings, social events and general news do not miss your opportunity to have your voice heard!

*Passion for Fashion Christmas Special
Guest contributors - The Women's Group*



At this time of year the shops fill up with festive clothing for the Christmas period, our resident women's group went on a mission to find the best that the Omni has to offer! The shops did not disappoint, below is a small selection of party wear the group found!



Snug and warm in Penny's



Sparkling in Vera Moda



Toastie in New Look



Glam in Tesco



Fabulous in New Look



Festive Fun in New Look

Inner City Helping Homeless Charity Shoe Box Appeal



A massive THANK YOU to everyone who helped the charity shoe box appeal that ran across St Michael's House. The appeal was really embraced by the centre and we are delighted to report the Omni had 37 boxes of kindness and supplies to send to our associate homeless support service Inner City Helping Homeless.

Thank you for all your kind donations it will really help brighten someone's Christmas!!!

Inner City Helping Homeless Charity Shoe Box Appeal



WHATS ON! TIMETABLE NEWS



- Canteen training
- Tae Kwan Do
- Badminton
- Literacy
- ND Support
- Quiz Games
- Bowling
- Research Group
- Thai Chi
- Computers
- Current Affairs
- Gym
- Recycling
- Tennis
- History Project
- Science Project
- Accessible Info
- Art
- Plunkett College
- QQI
- Independent Living Skills
- Golf
- Reception Training
- Fine Motor Skills
- Newsletter
- Women's Health
- Dance Class
- Bottci
- Swimming
- Eco Warriors
- Personal Wellness
- Football
- Walking Group
- Mindfulness
- Cooking
- Lámh
- Charity Group
- photography
- Employment
- Horizons Project
- Card Making
- Fiver Friday
- Horse Riding

BoyZone Concert By Jude Dennis



Early in the year I got the chance to see one of my favourite acts Boyzone in their farewell tour in the 3Arena.

They played all their classic hits like **No matter what** and my personal favourite **Love me for a reason** I found the gig very emotional as I am a massive Boyzone fan and really felt the absence of Stephen Gately who passed in October 2009. I had seen his last performances in May 2009 in the same venue which was called the 02 arena.

The very first time I saw Stephen with the band in December 1995 and I followed both his career and the Boyzones across the last 24 years since their The Late Late performance that shot them to fame !



Staff News

It's been a busy year for the Omni with lots of great things for staff to celebrate!



Congratulations to staff Sinead on the arrival of her beautiful baby girl!



We welcomed staff Jill Brady back to the centre to cover Sinead's maternity leave, its great to have you back on the team!



Gill married the lovely Chris in sunny Fuerteventura and Orla FINALLY tied the knot in surprisingly sunny Kerry in September to Ciarán!

Relax and unwind with the Omni



Grab a cuppa, have a break and chill out with this Christmas inspired word search!!

S	G	S	C	N	V	V	C	S	S	Z	K	G	Q	G
Y	N	H	T	D	R	F	Z	E	G	P	L	X	M	K
T	M	O	A	H	M	K	I	W	N	U	C	X	Q	C
Y	P	A	I	M	G	P	S	X	I	D	R	P	X	U
V	W	R	B	T	E	I	M	J	K	D	U	X	G	M
P	J	O	E	C	A	R	L	N	C	I	H	D	F	T
N	U	K	N	S	W	R	A	A	O	N	B	E	E	R
V	G	I	F	S	E	C	O	U	T	G	Y	V	H	A
E	M	Q	O	H	I	N	F	C	S	L	O	R	A	C
X	K	T	W	M	I	S	T	L	E	T	O	E	T	Y
I	F	J	E	F	B	U	O	S	G	D	G	U	N	L
O	S	E	R	X	T	U	Y	X	J	Y	R	S	L	L
P	R	A	I	G	Q	V	P	R	D	K	O	Y	E	O
T	A	U	S	Q	K	P	T	L	E	R	Z	D	Z	H
E	L	K	O	P	X	U	F	Y	H	X	V	F	E	X

BEER **CAROLS** **DECORATIONS** **HAM**

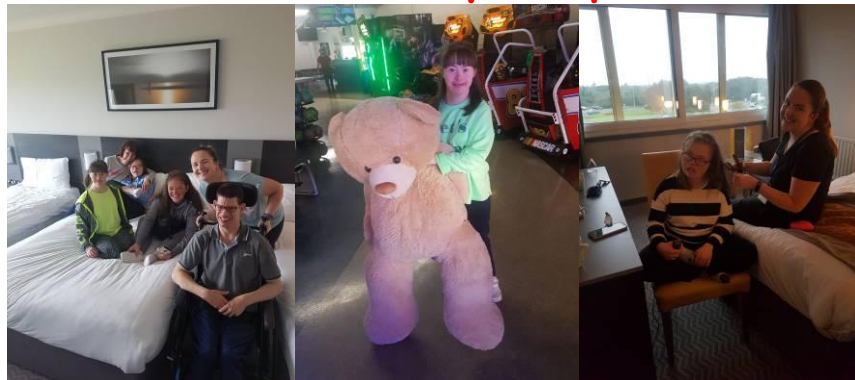
HOLLY **LIGHTS** **MINCEPIES** **MISTLETOE**

STOCKINGS **TREE** **TURKEY**

Fair City Christmas Tour



Wexford Holiday Camp 2019





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