

## SHINE – Sample Programme



### Lemongrass Week 2009

**Programme of exciting, extravagant and exhilarating activities!!**  
(Programme subject to change)

#### Saturday 15th August

10.00am-3.00pm	Team Training
1.20pm-2.00pm	Lunch
4.00pm-6.00pm	Participant Arrival
6.00pm	Group meeting
6.30pm-7.30pm	Dinner
7.30pm	Hawaiian Night & Table Quiz

#### Tuesday 18th August

9.30am	Participants Rise & Shine
10.30am	Breakfast
11.30am	Dept. for Mountjoy tour
12.30pm-3.00pm	Mountjoy Tour
5.30pm-6.30pm	Dinner
7.30pm	X-factor Karaoke

#### Sunday 16th August

8.30am	Participants Rise & Shine
9.30am	Breakfast
10.00am-10.45am	Goal Session
11.00am	Icedome & picnic
6.00 pm-7.00pm	Dinner
7.00 pm	Dance & Make-up or Sports

#### Wed 19th August

8.30am	Participants Rise & Shine
9.30am	Breakfast
10.30am	Luas into Jervis centre
11.30pm-1.30pm	Shopping & lunch out
3.00pm	Luas back
4.30 pm-5.30pm	Liaison Officer Session
5.30 pm-6.30pm	Dinner
7.00pm	Bowling

#### Monday 17th August

8.30am	Participants Rise & Shine
9.30am	Breakfast
11.00am-12.45pm	World Drumming
1.00pm-2.00pm	Lunch
2.00 pm - 3.00 pm	Liaison Officer Session
2.00 pm - 3.00 pm	Mobility / OT
3.00 pm - 4.00 pm	OT / Mobility
5.30 pm - 6.30 pm	Dinner
7.30 pm	Cinema

#### Thursday 20th August

8.30pm	Participants Rise & Shine
9.30am	Breakfast
10.30am-12.30am	OT (2 groups)
1.00pm-2.00pm	Lunch
2.00pm-3.30pm	Sport/archaeology
3.30pm-4.30pm	Evaluations
5.30pm-6.30pm	Dinner
7.30 pm	Night out - DJ Amos

**Friday 21st August - 10.30 am Departure**