

Learning log

Date	What did the person do?	Who was there?	What did you learn about what worked well?	What did you learn about what didn't work?
<p>05/03/13 6:30pm 'til 10:00pm</p>	<p>Joyce (and I) got the 52 bus into Mississauga at 6:30pm. She had pasta (mushroom penne) and drinks (a glass of red Bordeaux) at Bruno's Italian restaurant.</p> <p>Joyce's friend Kay joined her in the restaurant and they had a nice chat about dancing and Frank Sinatra (they are both fans).</p> <p>After the meal, she (and Kay) made their way to the dance club (The Ritz Bar); arriving at 8:00pm (30 minutes late). It was too far to walk and Joyce had to book a taxi, which was late. This made Joyce anxious to begin with.</p> <p>We sat at a table, had a drink, spoke to others on and off. When the music and dancing started Joyce was off onto the dance floor. She loved it and was smiling and laughing with Kay.</p> <p>Joyce was chatting to others in between dances. In particular someone called Stanley, who said he comes on the same day every week.</p>	<p>Joyce</p> <p>Polly (supporter)</p> <p>Kay (her friend)</p> <p>Met someone called Stanley at the club</p>	<p>Joyce loved seeing people while she was out. It's a good idea to plan a trip where Joyce gets to meet up with others she knows.</p> <p>Talking to Kay about Frank Sinatra at the restaurant. She said she wanted to meet up with Kay again and lend her one of her Sinatra CDs.</p> <p>Joyce liked dancing, particularly with others. She loved the music played at the Ritz club, and wanted to go again (with Kay).</p> <p>Joyce enjoyed talking to others and having a laugh – Stanley in particular, who seemed to share her humour. Joyce liked Stanley and said she wanted to go same time next week to see him.</p> <p>Talking about the night out before going to bed seemed to relax Joyce.</p>	<p>Joyce was late arriving at the club, and this made her feel stressed. Next time find a restaurant closer to the Ritz bar so she can walk or book a taxi earlier.</p> <p>Joyce had to leave the club too early just as she was getting into the swing of things and feeling confident and meeting people. The staff schedule needs to be adjusted for next time so she can stay 'til the end (11:30pm).</p> <p>John woke up when Joyce arrived back. Next time suggest to Joyce that she talks in the front lounge and closes the door so others cannot hear.</p>

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Joyce had to leave at the planned time of 9:30. She said this was too early and that she'd only just started to enjoy herself. Kay agreed.

As she had spent a lot of money on a cocktail, Joyce did not have enough for the taxi home, so had to borrow some from Kay. Joyce did not like this and felt embarrassed as it was her treat.

Joyce got back home at 9:45pm; had a cup of tea and enjoyed talking about the evening with me. John, who she lives with, heard us and said he'd been woken up, so Joyce went to bed.

06/03/13
7:30am -
10:00am

Next morning Joyce woke at 7:30, excitedly talking about the night out. She enjoyed it but had a slight hangover so wanted peace and quite for about two hours.

Taking it easy the next day. Perhaps best not to arrange anything early the next morning if Joyce is going out the evening before.