

ACTIVITIES TIMETABLE WEEK BEGINNING: 11TH MARCH 2019

EVERY MORNING:



CUP OF TEA AND CHAT FOLLOWED BY READING



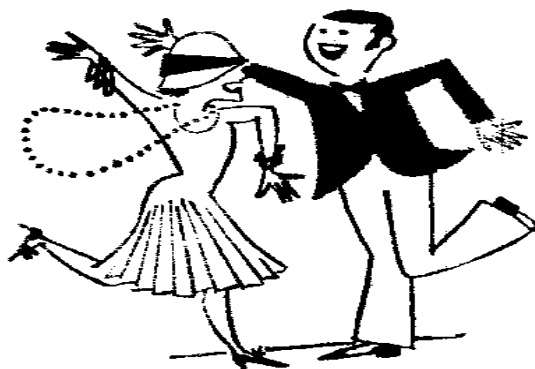
DAILY NEWSPAPERS AND GENERAL DISCUSSION ON NEWS AND EVENTS

ACTIVITIES CO-ORDINATOR VISITS RESIDENTS IN THEIR ROOMS

MONDAY AFTERNOON

LUNCH FOLLOWED BY RELAXATION SESSION

3.00 PM REMINESENCE THERAPY – BACK TO THE '30s



AFTERNOON TEA AND FRUIT

MONDAY EVENING

LIGHT REFRESHMENTS

PROVERBS AND SAYINGS!

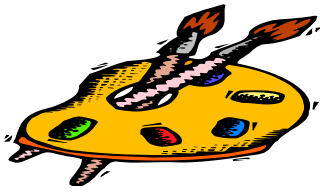
**A STITCH IN
TIME SAVES
NINE!**

**TOO MANY
COOKS SPOIL
THE BROTH!**

EVENING SUPPER

TUESDAY AFTERNOON

LUNCH FOLLOWED BY RELAXATION SESSION



2.30 PM ARTS AND CRAFTS

3.30 PM BALANCE EXERCISE GROUP



WATCHING CHELTENHAM RACES

TUESDAY EVENING

EVENING OF FUN AND CHAT ON DAYS EVENTS



EVENING SUPPER

WEDNESDAY AFTERNOON



11.00 AM INTERGENERATIONAL PROGRAMME WITH BARNARDOS

LUNCH FOLLOWED BY RELAXATION SESSION



2.00 PM EXTEND CLASS WITH JANET



WATCHING CHELTENHAM RACES

WEDNESDAY EVENING

6.30 PM POETRY READING

EVENING SUPPER

THURSDAY AFTERNOON

LUNCH FOLLOWED BY RELAXATION SESSION

2.00 PM PET THERAPY WITH EMMA AND OTTO



2.00 PM MANICURES AND HAND MASSAGE

WATCHING CHELTENHAM RACES

THURSDAY EVENING

LIGHT REFRESHMENTS



"I SPY!"



EVENING SUPPER

FRIDAY AFTERNOON

LUNCH FOLLOWED BY RELAXATION SESSION

2.00 PM BOARD GAMES

2.00 PM SONAS THERAPY

3.30 PM MEETING TO DISCUSS NEXT WEEK'S ACTIVITIES



AFTERNOON TEA AND FRUIT

WATCHING CHELTENHAM RACES

FRIDAY EVENING



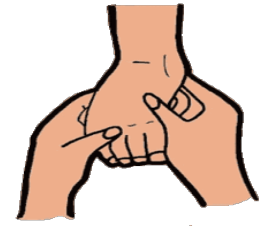
EVENING SUPPER

SATURDAY AFTERNOON

LUNCH FOLLOWED BY RELAXATION SESSION



MASSAGE THERAPY WITH MICHAEL



MANICURES

SATURDAY EVENING

LIGHT REFRESHMENTS



**TV AND MUSIC EVENING
EVENING SUPPER**



SUNDAY AFTERNOON

SUNDAY MORNING - MASS AND HOLY COMMUNION

3.30 PM MUSICAL ENTERTAINMENT



SUNDAY EVENING

LIGHT REFRESHMENTS

FUN AND CHAT ON DAY'S EVENTS



EVENING SUPPER

