

**ACTIVITIES TIMETABLE WEEK BEGINNING: 4<sup>TH</sup> FEBRUARY 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**

**DAILY EXERCISE SESSION**

**DAILY PRAYER GROUP**

**MONDAY**

**LUNCH FOLLOWED BY CARD GAMES**



**AFTERNOON TEA AND FRUIT**



**MONDAY EVENING**

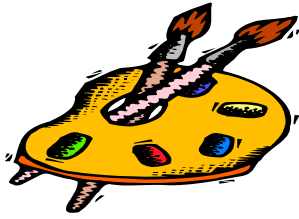
**FUN AND CHAT ON DAY'S EVENTS**



**EVENING SUPPER**

**TUESDAY**

**LUNCH FOLLOWED BY RELAXATION SESSION**



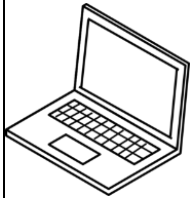
**2.30 PM ARTS AND CRAFTS**

**AFTERNOON TEA AND FRUIT**

**2.30 PM SONAS**

**2.00 - 2.30 PM COMPUTERS CLASSES**

**INDIVIDUAL or GROUP**



**WEDNESDAY**

**11.00 AM INTERGENERATIONAL PROGRAMME**



**1.30 PM EXTEND CLASS WITH JANET**

**WEDNESDAY EVENING**

**6.30 PM POETRY READING**



**EVENING SUPPER**

**THURSDAY**

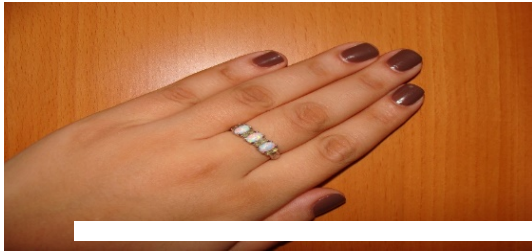
**LUNCH FOLLOWED BY RELAXATION SESSION**



**2.00 PM PET THERAPY**



**FACIALS AND MANICURES**



**2.30 PM COMPUTER LESSONS**

**INDIVIDUAL OR GROUP**

**FRIDAY**

**LUNCH FOLLOWED BY BOARD GAMES**



**FRIDAY EVENING**

**6.30 PM MOVIE MAGIC**



**EVENING SUPPER**

**SATURDAY**

**LUNCH FOLLOWED BY RELAXATION SESSION**



**MASSAGE THERAPY WITH MICHAEL**



**AFTERNOON TEA AND FRUIT**

**SATURDAY EVENING**



**LIGHT REFRESHMENTS**

**EVENING SUPPER**



**EVENING CHAT ON DAYS NEWS AND EVENTS**

**SUNDAY AFTERNOON**

**SUNDAY MORNING - MASS ON BIG SCREEN**



**AND VISIT BY HOLY COMMUNICANTS**



**3.30 PM MUSICAL ENTERTAINMENT**



**SUNDAY EVENING**

**EVENING OF FUN AND CHAT ON DAYS EVENTS**



**EVENING SUPPER**