

**ACTIVITIES TIMETABLE WEEK BEGINNING: 4<sup>th</sup> 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 AFTERNOON OF OLD TIME MUSIC**



**AFTERNOON TEA AND FRUIT**

**MONDAY EVENING**

**LIGHT REFRESHMENTS**

**A STITCH IN  
TIME SAVES  
NINE!**

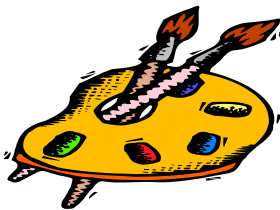
**PROVERBS AND SAYINGS!**

**TOO MANY  
COOKS SPOIL  
THE BROTH!**

**EVENING SUPPER**

**TUESDAY AFTERNOON**

**LUNCH FOLLOWED BY RELAXATION SESSION**



**ARTS AND CRAFTS**

**TUESDAY EVENING**



**PANCAKE TUESDAY  
FOLLOWED BY BEDTIME PRAYERS**

**WEDNESDAY AFTERNOON**

**INTERGENERATIONAL WITH BARNARDOS**

**LUNCH FOLLOWED BY RELAXATION SESSION**



**EXTEND CLASS WITH JANET**



**DOG THERAPY**

**WEDNESDAY EVENING**

**CARD GAMES**



**EVENING SUPPER FOLLOWED BY BEDTIME PRAYERS**

**THURSDAY AFTERNOON**

**LUNCH FOLLOWED BY RELAXATION SESSION**



**INDIVIDUAL SESSIONS – HAND MASSAGE**

**TEA TIME**



**THURSDAY EVENING**

**LIGHT REFRESHMENTS**



**“I SPY!”**

**EVENING SUPPER FOLLOWED BY BEDTIME PRAYERS**

**FRIDAY AFTERNOON**

**LUNCH FOLLOWED BY RELAXATION SESSION**

**MEETING TO DISCUSS NEXT WEEK’S ACTIVITIES**



**AFTERNOON TEA AND FRUIT**

**FRIDAY EVENING**



**EVENING SUPPER FOLLOWED BY BEDTIME PRAYERS**

**SATURDAY AFTERNOON**

**LUNCH FOLLOWED BY RELAXATION SESSION  
MASSAGE THERAPY WITH MICHAEL**



**MANICURES**

**SATURDAY EVENING**

**LIGHT REFRESHMENTS**



**BOOK CLUB**

**EVENING SUPPER**

**BEDTIME PRAYERS**

**SUNDAY AFTERNOON**

**SUNDAY MORNING - MASS AND HOLY COMMUNION  
3.30 PM MUSICAL ENTERTAINMENT WITH CIARAN**



**SUNDAY EVENING**

**LIGHT REFRESHMENTS**

**6.30 PM MOVIE MAGIC**



**EVENING SUPPER FOLLOWED BY BEDTIME PRAYERS**