

ACTIVITIES TIMETABLE WEEK BEGINNING: 25th TH 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



ST PATRICKS WEEKEND CELEBRATIONS!

AFTERNOON TEA AND FRUIT

MONDAY EVENING

LIGHT REFRESHMENTS

PROVERBS AND SAYINGS!

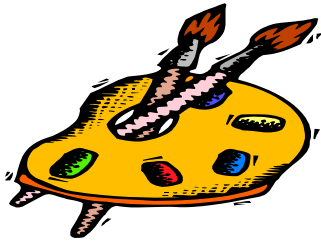
**A STITCH IN TIME
SAVES NINE!**

**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

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

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

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

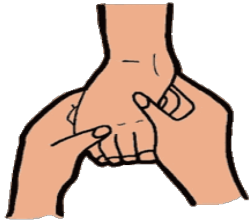
FRIDAY EVENING



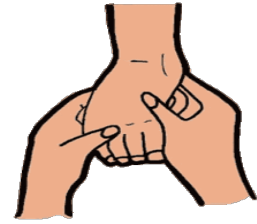
EVENING SUPPER

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

