ACTIVITIES TIMETABLE WEEK BEGINNING: 8th APRIL 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

PROVERBS AND SAYINGS!

A STITCH IN TIME SAVES NINE!

TOO MANY COOKS SPOIL THE BROTH!

AFTERNOON TEA AND FRUIT

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

RELAX WATCHING TELEVISION

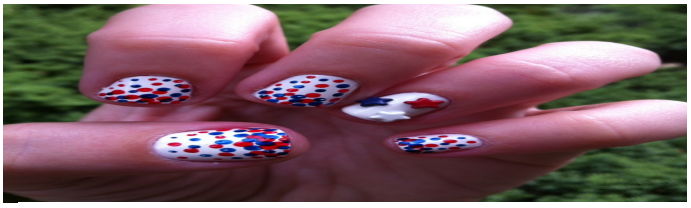
LIGHT SUPPER

THURSDAY AFTERNOON

LUNCH FOLLOWED BY RELAXATION SESSION

2.00 PM PET THERAPY WITH EMMA AND OTTO

2.00 PM MANICURES AND HAND MASSAGE



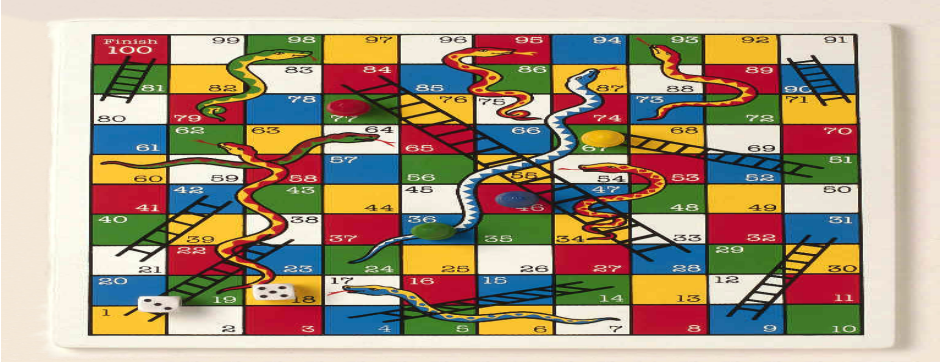
THURSDAY EVENING

LIGHT REFRESHMENTS

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

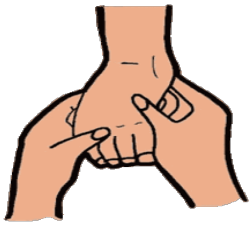
AFTERNOON TEA AND FRUIT

FRIDAY EVENING

EVENING SUPPER

SATURDAY AFTERNOON

LUNCH FOLLOWED BY RELAXATION SESSION



MASSAGE THERAPY WITH MICHAEL

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