

**ACTIVITIES TIMETABLE WEEK BEGINNING: MONDAY 13<sup>th</sup> 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 11:30-12:00**

**MONDAY**



**REMINISCENCE ROOM 2:00  
RESIDENTS ASSOCIATION MEETING 3:00  
BOOK CLUB 3:00**



**AFTERNOON TEA AND FRUIT  
HAIR SALON AVAILABLE FROM  
10:00 TO 5:30 PM**



**MONDAY EVENING**

**LIGHT REFRESHMENTS**

**EVENING CHAT ON DAYS NEWS AND EVENTS!**

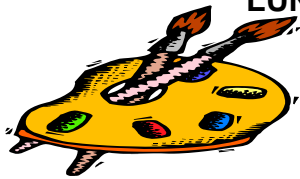


**EVENING SUPPER**



**TUESDAY**

**LUNCH FOLLOWED BY RELAXATION SESSION**



**3.00pm PM ARTS AND CRAFTS**



**LEXICON- MAGIC TABLE 2:30**

**HAIR SALON AVAILABLE FROM**

**10:00 TO 5:30 PM**

**AFTERNOON TEA AND FRUIT**



**TUESDAY EVENING**



**LIGHT REFRESHMENTS**

**EVENING CHAT ON DAYS NEWS AND EVENTS!**



**EVENING SUPPER**

**WEDNESDAY AFTERNOON**

**11.00AM INTERGENERATIONAL PROGRAMME WITH BARNARDOS 11:00**

**EXTEND CLASS WITH JANET 1.30pm**



**COMPUTER CLASS 2:15**



**REMINESCENCE THERAPY 3:15**

**“MY FIRST COMMUNION”**

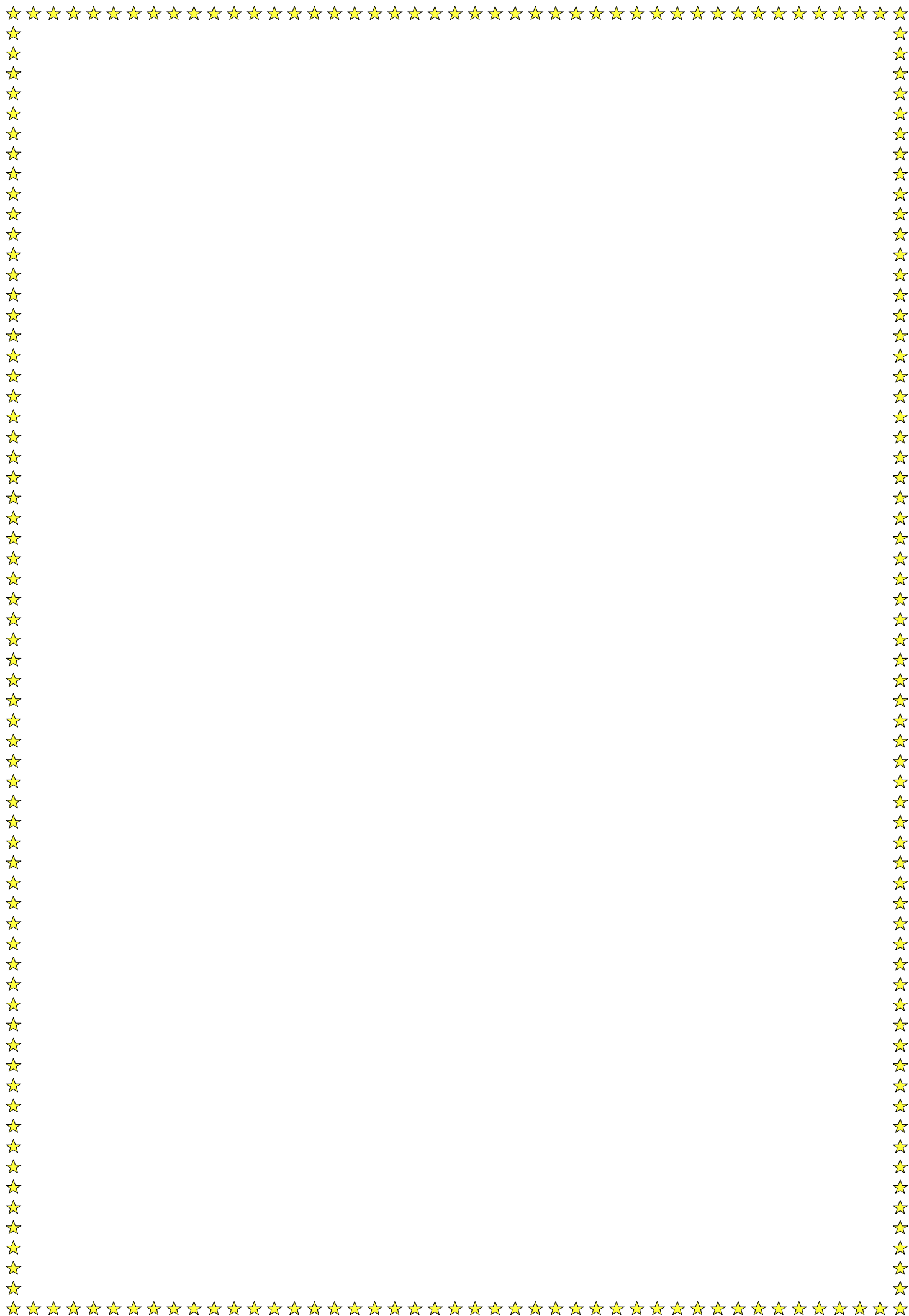


**WEDNESDAY EVENING**

**LIGHT REFRESHMENTS**

**EVENING CHATS!**





**THURSDAY AFTERNOON**

**MANICURES AND MASSAGE 2: 30**



**DOG THERAPY 2:00**

**COMPUTER CLASS 3:00**

**O THERAPY- GARDENING**



**THURSDAY EVENING**

**HOT CHOCOLATE**

**TABLE QUIZ**

**EVENING SUPPER**



**FRIDAY AFTERNOON**

**LUNCH FOLLOWED BY RELAXATION SESSION**

**SONAS THERAPY 2:00**

**BOARD GAMES- PARACHUTE GAME 2:00**



**BOOK CLUB 3:00 PM**

**HAIR SALON AVAILABLE**

**FROM 10:00 TO 5:30**



**FRIDAY EVENING**

**EVENING CHAT ON DAYS NEWS AND EVENTS!**

**EVENING SUPPER**



**SATURDAY AFTERNOON**

**LUNCH FOLLOWED BY RELAXATION SESSION**



**MESSAGE THERAPY WITH MICHAEL 1:00 PM**



**SATURDAY EVENING**

**MOVIE MAGIC- MOVIE OF CHOICE 6:30**



**SUNDAY AFTERNOON**

**SUNDAY MORNING - MASS ON BIG SCREEN**



**AND VISIT BY HOLY COMMUNICANTS**



**3.30 PM MUSICAL ENTERTAINMENT**



**SUNDAY EVENING**

**LIGHT REFRESHMENTS**



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



**EVENING SUPPER**