

**ACTIVITIES TIMETABLE WEEK BEGINNING: MONDAY 20th 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



**MANICURES
REMINISCENCE THERAPY
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!

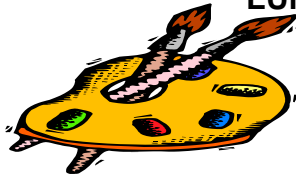


EVENING SUPPER



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



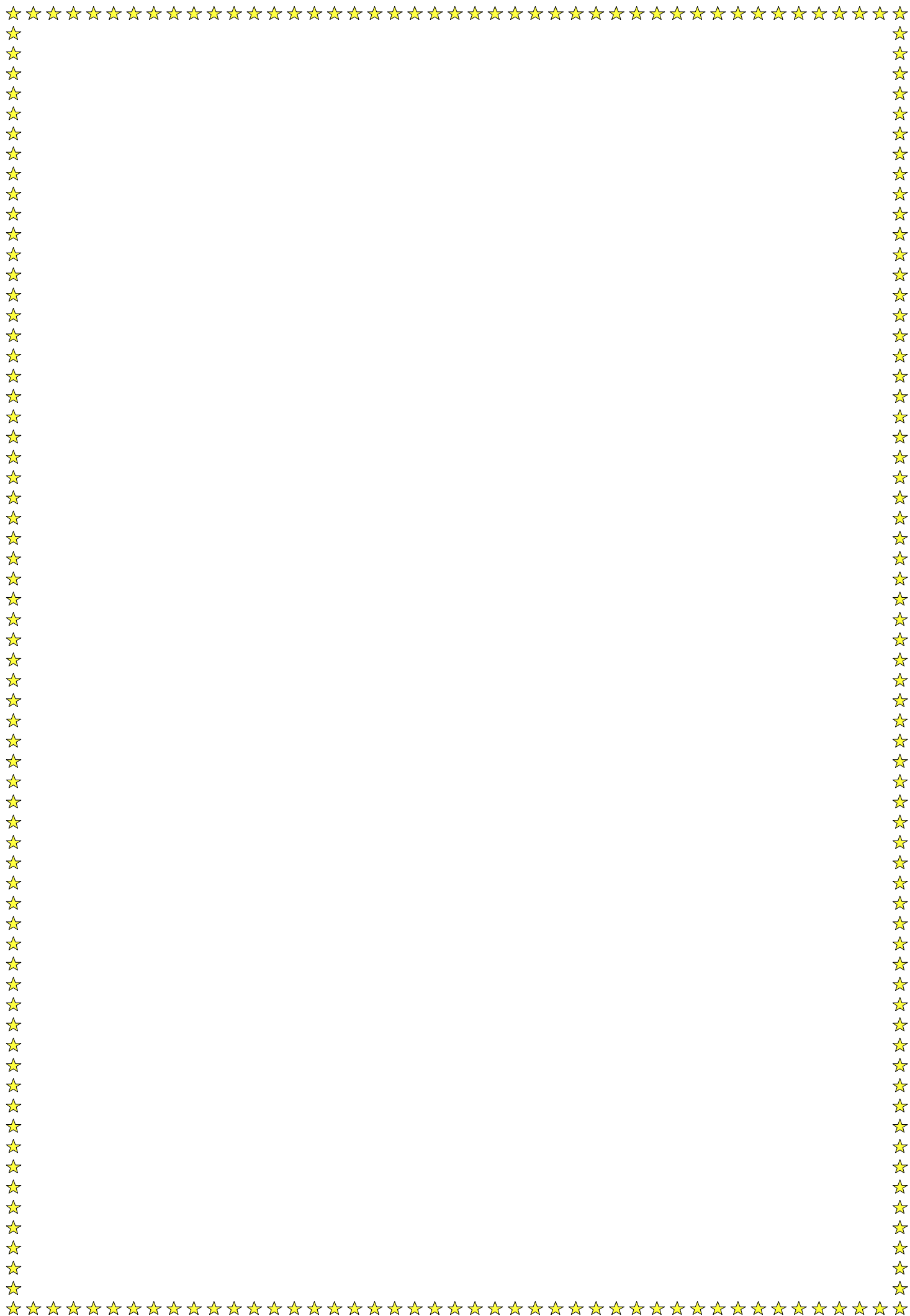
REMINESENCE ROOM 3:15

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

DEAN MARTIN TRIBUTE

EVENING SUPPER

FRIDAY AFTERNOON

LUNCH FOLLOWED BY RELAXATION SESSION



SONAS THERAPY 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