

ACTIVITIES TIMETABLE WEEK BEGINNING: 15th 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

DAILY EXERCISE SESSION

DAILY PRAYER GROUP

MONDAY

LUNCH FOLLOWED BY RELAXATION SESSION



MASS AT 2.30

REMINISCENCE ROOM at 3.00



LIGHT REFRESHMENTS

SALON SERVICES ALL DAY



TUESDAY

LUNCH FOLLOWED BY RELAXATION SESSION



2.30 PM ARTS AND CRAFTS

2.30 COMPUTER CLASSES

3.30 REMINISCENCE ROOM



AFTERNOON TEA AND FRUIT

SALON SERVICES ALL DAY



TUESDAY EVENING

6.30 PM POETRY READING



EVENING SUPPER

WEDNESDAY AFTERNOON



INTERGENERATIONAL
1.30 PM EXTEND CLASS WITH JANET
3.00 PM BOOK CLUB



WEDNESDAY EVENING

CHAT ON DAYS NEWS AND EVENTS



EVENING SUPPER

THURSDAY AFTERNOON

LUNCH FOLLOWED BY RELAXATION SESSION

1.30 MANICURES



MEETING TO DISCUSS NEXT WEEKS ACTIVITIES

3.30 COMPUTER CLASS



THURSDAY EVENING

LIGHT REFRESHMENTS



EVENING CHAT ON DAYS NEWS AND EVENTS



EVENING SUPPER

FRIDAY AFTERNOON

LUNCH FOLLOWED BY RELAXATION SESSION

BOARD GAMES



CARD GAMES



3.30 BOOK CLUB

SWEETS AND TREATS

AFTERNOON TEA AND FRUIT

SALON SERVICES ALL DAY



6.30 PM MOVIE MAGIC



EVENING SUPPER

SATURDAY AFTERNOON

LUNCH FOLLOWED BY RELAXATION SESSION

1.30 PM MASSAGE THERAPY WITH MICHAEL



AFTERNOON TEA AND FRUIT



SATURDAY EVENING

**LIGHT REFRESHMENTS
EVENING CHAT ON DAYS NEWS AND EVENTS**



EVENING SUPPER



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