

ACTIVITIES TIMETABLE WEEK BEGINNING: 24TH June 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

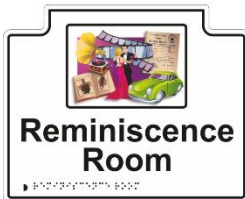
EXERCISE PROGRAMME

IF WEATHER PERMITS: SITTING ON BALCONY OR GARDEN

MONDAY AFTERNOON

RESIDENTS ASSOCIATION MEETING 2:30 PM

“TALK FROM PHARMACIST”



BOOK CLUB 2:15 PM

REMINISCENCE ROOM 3:15 PM



TUESDAY AFTERNOON

LUNCH FOLLOWED BY RELAXATION SESSION



ARTS AND CRAFTS 2:30 PM

MAGIC TABLE- LEXICON 2:30 PM

COMPUTER CLASS 3:00 PM



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**



**EXTEND CLASS WITH JANET 1:30 PM
BOOK CLUB 2:15 PM
REMINISCENCE ROOM 3:15 PM**



THURSDAY AFTERNOON

O.T. THERAPY MENS SHED & GARDENING 2:15 PM



“SENSORY FOCUSED ACTIVITIES”



PET THERAPY WITH EMMA AND OTTO 2:00 PM



COMPUER CLASS 3:00 PM

THURSDAY EVENING



PIZZA NIGHT 6:30 PM



FRIDAY AFTERNOON

SONAS THERAPY 2.00 PM



BOWLING 2:30 PM



MANICURES AND HAND MASSAGE 2:30



SALON SERVICES ALL DAY



SATURDAY AFTERNOON

LUNCH FOLLOWED BY RELAXATION SESSION



MASSAGE THERAPY WITH MICHAEL 1:00 PM



BOARD GAMES 2:00 PM



“SENSORY FOCUSED ACTIVITIES”



SATURDAY EVENING



LIGHT REFRESHMENTS

MOVIE NIGHT 6:30 pm

“MOVIE OF CHOICE”



SUNDAY AFTERNOON

SUNDAY MORNING - MASS AND HOLY COMMUNION 11:AM



MUSICAL ENTERTAINMENT 2:00 PM

