

ACTIVITIES TIMETABLE WEEK BEGINNING: 3rd 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

DAILY EXERCISE SESSION

MONDAY AFTERNOON

LUNCH FOLLOWED BY
JIGSAW & GAMES 2:00 PM



OUT IN THE GARDEN IF THE WEATHER PERMITS



AFTERNOON TEA AND FRUIT

MONDAY EVENING

LIGHT REFRESHMENTS

MOVIE MAGIC 6:30 PM
"MOVIE OF CHOICE"



TUESDAY

LUNCH FOLLOWED BY RELAXATION SESSION



MAGIC TABLE- LEXICON 2:15 PM

ARTS AND CRAFTS 2:30 PM



REMINESCENCE ROOM 3:30 PM

OUT IN THE GARDEN IF THE WEATHER PERMITS



HAIR SALON AVAILABLE ALL DAY

TUESDAY EVENING



EVENING SUPPER

FOLLOWED BY BEDTIME PRAYERS

WEDNESDAY AFTERNOON

11:00 AM INTERGENERATIONAL WITH BARNARDOS

EXTEND CLASS WITH JANET 1:20 PM



BOOK CLUB 3:15 PM

OUT IN THE GARDEN IF THE WEATHER PERMITS



HAIR SALON AVAILABLE ALL DAY

WEDNESDAY EVENING

LUNCH FOLLOWED BY

RELAXATION – LISTENING TO MUSIC



THURSDAY AFTERNOON



**OCCUPATIONAL THERAPY 2:00 PM
DOG THERAPY 2:00 PM
COMPUTER CLASSES 3:00 PM**

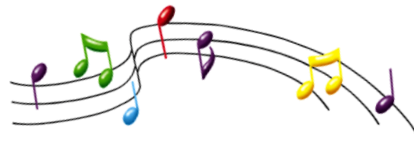


OUT IN THE GARDEN IF THE WEATHER PERMITS



THURSDAY EVENING

IRISH COFFEE AND MUSIC 6:30 PM



FRIDAY AFTERNOON



**LUNCH FOLLOWED BY RELAXATION SESSION
SONAS THERAPY 2:00 PM
BOOK CLUB 3:00
REMINESCENCE ROOM 3:30
OUT IN THE GARDEN IF THE WEATHER PERMITS**



HAIR SALON AVAILABLE ALL DAY



FRIDAY EVENING

**LIGHT REFRESHMENTS
RELAXATION IN THE SITTING ROOM**



SATURDAY AFTERNOON

LUNCH FOLLOWED

MASSAGE THERAPY WITH MICHAEL 1:30



OUT IN THE GARDEN IF THE WEATHER PERMITS



LIGHT REFRESHMENTS

SATURDAY EVENING



MOVIE NIGHT 6:30 PM



SUNDAY AFTERNOON

SUNDAY MORNING - MASS AND HOLY COMMUNION



MUSICAL ENTERTAINMENT 2:00 PM



OUT IN THE GARDEN IF THE WEATHER PERMITS



SUNDAY EVENING

DISCUSS WEEKLY EVENTS



EVENING SUPPER FOLLOWED BY BEDTIME PRAYERS