

**ACTIVITIES TIMETABLE WEEK BEGINNING: 1<sup>st</sup> July 2019**

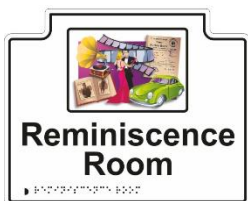
**EVERY MORNING:**



**CUP OF TEA OR COFFEE OR FRESH FRUIT AND  
CHAT FOLLOWED BY READING DAILY NEWSPAPERS  
AND GENERAL DISCUSSION ON NEWS AND EVENTS  
EXERCISE PROGRAMME**

**IF WEATHER PERMITS: SITTING ON BALCONY OR GARDEN**

**MONDAY AFTERNOON**

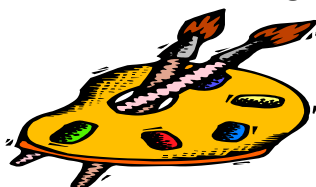


**CREATIVE WRITING 2:00 PM  
REMINISCENCE ROOM 2:15 PM  
COMPUTER CLASS 3:15 PM**



**TUESDAY AFTERNOON**

**LUNCH FOLLOWED BY RELAXATION SESSION**



**ARTS AND CRAFTS 2:30 PM  
MAGIC TABLE- LEXICON 2:30 PM  
BOWLING 2:30 PM**



**SALON SERVICES ALL DAY**



**TUESDAY EVENING**

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



**EVENING SUPPER**

**WEDNESDAY AFTERNOON**

**LUNCH FOLLOWED BY RELAXATION SESSION**



**EXTEND CLASS WITH JANET 1:30 PM**

**COMPUTER CLASS 3:15 PM**

**MOVIE NIGHT 6:30 PM**

**"MOVIE OF CHOICE"**



**SALON SERVICES ALL DAY**



**THURSDAY AFTERNOON**

**O.T. THERAPY MENS SHED & GARDENING 2:00 PM**



**"SENSORY FOCUSED ACTIVITIES"**



**PET THERAPY WITH EMMA AND OTTO 2:00 PM**

**COMPUER CLASS 3:00 PM**

**THURSDAY EVENING**



**SING-ALONG WITH IRISH COFFEE 6:30 PM**



**FRIDAY AFTERNOON**

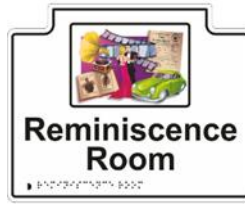
**SONAS THERAPY 2.00 PM**



**MANICURES AND HAND MASSAGE 2:00 PM**



**REMINISCENCE ROOM 3:15 PM**



**SALON SERVICES ALL DAY**

**SATURDAY AFTERNOON**

**LUNCH FOLLOWED BY RELAXATION SESSION**



**BOARD GAMES 2:00 PM**

**“SENSORY FOCUSED ACTIVITIES”**



**SATURDAY EVENING**



**LIGHT REFRESHMENTS**

**MOVIE NIGHT 6:30 pm**

**“MOVIE OF CHOICE”**



**SUNDAY**

**SUNDAY MORNING - MASS AND HOLY COMMUNION 11:00 AM**  
**TV 11:15 AM**



**MUSICAL ENTERTAINMENT 2:00 PM**

