

ACTIVITIES TIMETABLE WEEK BEGINNING: 29th JULY 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

IF WEATHER PERMITS: SITTING ON BALCONY OR GARDEN

MONDAY AFTERNOON

**CREATIVE WRITING 2:30 PM
COMPUTER TIME 3:00 PM**



TUESDAY AFTERNOON

LUNCH FOLLOWED BY RELAXATION SESSION



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



SALON SERVICES ALL DAY



TUESDAY EVENING

EVENING OF FUN AND CHAT ON DAYS EVENTS



MOVIE NIGHT 6:30



WEDNESDAY AFTERNOON

LUNCH FOLLOWED BY RELAXATION SESSION



EXTEND CLASS WITH JANET 1:30 PM

COMPUTER TIME 2:30 PM

REMINISCENCE ROOM 3:15 PM

SALON SERVICES ALL DAY



THURSDAY AFTERNOON



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

PET THERAPY WITH EMMA 2:00 PM

MANICURES AND HAND MASSAGE 2:00 PM



THURSDAY EVENING

IRISH COFFEE AND CHAT 6:30 PM



FRIDAY AFTERNOON



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SONAS THERPAY 2: 00 PM
SELECTION OF BOARD GAMES
MOVIE NIGHT 6:30



SALON SERVICES ALL DAY

SATURDAY AFTERNOON

LUNCH FOLLOWED BY RELAXATION SESSION



MASSAGE THERAPY WITH MICHAEL 1:30 PM

BOWLING 2:00 PM



SATURDAY EVENING



LIGHT REFRESHMENTS
MOVIE NIGHT 6:30 pm
“MOVIE OF CHOICE”



SUNDAY AFTERNOON

READING SUNDAY NEWSPAPERS AND RELAXING



SUNDAY MORNING - MASS AND HOLY COMMUNION 11:AM



MUSICAL ENTERTAINMENT 2:00 PM

