

**ACTIVITIES TIMETABLE WEEK BEGINNING: 12<sup>th</sup> AUGUST 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 CLASS 3:00 PM**



**TUESDAY AFTERNOON**

**LUNCH FOLLOWED BY RELAXATION SESSION**



**ARTS AND CRAFTS AND 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 CLASS 2:30 PM**

**REMINISCENCE ROOM 3:15 PM**



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**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**

**SKETCHING COMPETITION 6:30 PM**



**FRIDAY AFTERNOON**



**SONAS THERAPY 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**

