

**ACTIVITIES TIMETABLE WEEK BEGINNING: 16th September 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**



**CREATIVE WRITING 2:00 PM  
RESIDENT'S ASSOCIATION  
MEETING 2:00 PM**



**COMPUTER CLASS 3:00 PM**

**TUESDAY**

**LUNCH FOLLOWED BY RELAXATION SESSION**



**MAGIC TABLE- LEXICON 2:00 PM  
ARTS AND CRAFTS AND 2:30 PM**



**SALON SERVICES ALL DAY**



**TUESDAY EVENING**



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

**MOVIE NIGHT 6:30**



**WEDNESDAY**

**LUNCH FOLLOWED BY RELAXATION SESSION**

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



**ONE ON ONE SESSION 2:00 PM**

**SALON SERVICES**



**THURSDAY**

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



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



**THURSDAY EVENING**

**FISH AND CHIPS NIGHT! 6:00 PM**



**FRIDAY**



**SONAS THERAPY 2:00 PM**  
**BOWLING & GAMES 2:00 PM**  
**ONE ON ONE 3:30 PM**



**MOVIE NIGHT 6:30**



**SATURDAY**

**LUNCH FOLLOWED BY RELAXATION SESSION**



**MASSAGE THERAPY WITH MICHAEL 1:30 PM**



**LISTENING TO FAVOURITE SONGS! 2:00 PM**



**SATURDAY EVENING**



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



**SUNDAY**

**READING SUNDAY NEWSPAPERS AND RELAXING**



**SUNDAY MORNING - MASS AND HOLY COMMUNION 11:AM**



**MUSICAL ENTERTAINMENT 2:00 PM**

