

ACTIVITIES TIMETABLE WEEK BEGINNING: 2nd 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 2:15 PM
COMPUTER CLASS 3:00 PM**



TUESDAY

LUNCH FOLLOWED BY RELAXATION SESSION



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



SALON SERVICES ALL DAY



EVENING OF FUN AND CHAT ON DAYS EVENTS

MOVIE NIGHT 6:30



WEDNESDAY

LUNCH FOLLOWED BY RELAXATION SESSION



**COMPUTER CLASS 2:00 PM
REMINISCENCE ROOM 3:00 PM**

SALON SERVICES ALL DAY



THURSDAY



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

PET THERAPY WITH EMMA 2:00 PM

POWERSCOURT GARDENS 2.00pm



THURSDAY EVENING

IRISH COFFEE NIGHT



FRIDAY



SONAS THERAPY 2:00 PM

BOWLING 2:00 PM

MOVIE NIGHT 6:30



SALON SERVICES ALL DAY



SATURDAY

LUNCH FOLLOWED BY RELAXATION SESSION



MASSAGE THERAPY WITH MICHAEL 1:30 PM



LISTENING TO FAVOURITE TUNES



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

