

ACTIVITIES TIMETABLE WEEK BEGINNING: 30th 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



DUN LAOGHAIRE LIBRARY 11:30 – 12:30 AM

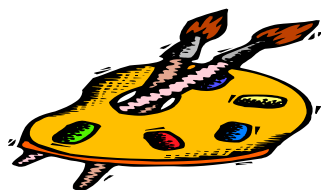
REMINISCENCE ROOM 2:15 – 3:00 PM

ONE TO ONE 3:00 – 4:00 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



SALON SERVICES



THURSDAY



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

PET THERAPY WITH EMMA 2:00 PM

SONAS 2:00 PM



THURSDAY EVENING

FUN QUIZ! 6:30 – 8:00 PM



Fun for Seniors

FRIDAY



SONAS THERAPY 2:00 PM
BOWLING & GAMES 2:00 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

