

**ACTIVITIES TIMETABLE WEEK BEGINNING: 10<sup>th</sup> FEBRUARY 2020**

**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**

**MONDAY**



**11.00 AM MORNING PRAYER & EXERCISE**

**2.00 PM FUN AND GAMES**

**3.00 BAKING WITH TERRY**



**6.30 PM MOVIE NIGHT WITH LIGHT SNACKS**



**TUESDAY**

**LUNCH FOLLOWED BY RELAXATION SESSION**

**2.00 PM MAGIC TABLE- LEXICON**

**2.00 PM ARTS AND CRAFTS WITH TRACY**



**SALON SERVICES ALL DAY**



**WEDNESDAY**

**11.00 AM BARNARDOS CHILDREN VISIT**



**2.00 PM EXTEND CLASSES WITH JANET**



**3.00 PM IMAGINATION GYM**

**THURSDAY**

**3:00 PM FUN AND GAMES**



**2.00 PM OCCUPATIONAL THERAPY**



**SALON SERVICES ALL DAY**



**THURSDAY EVENING**

**6.30 PM QUIZ NIGHT!**



FRIDAY

*Happy Valentine's Day*



2.00 PM SONAS THERAPY WITH  
MARRIE

2.00 PM PET THERAPY



SATURDAY

LUNCH FOLLOWED BY RELAXATION



1.15 PM MASSAGE THERAPY WITH MICHAEL



2.00 PM LISTENING TO FAVOURITE MUSIC



SATURDAY EVENING

6.30 PM MOVIE NIGHT



**SUNDAY**

**READING SUNDAY NEWSPAPERS AND RELAXING**



**11.00 AM SUNDAY MORNING - MASS AND HOLY COMMUNION**



**2.00 PM MUSICAL ENTERTAINMENT 2:00 PM**



**6.30 PM MOVIE NIGHT!**

