

ACTIVITIES TIMETABLE WEEK BEGINNING: 16th MARCH 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 EXERCISE
HAND HYGIENE – SITTING ROOM

Daily Sparkle



11:30 AM DAILY SPARKLE NEWSLETTER

2:15 PM COMPUTER CLASSES

3:00 PM IMAGINATION GYM



TUESDAY

11:00 AM MORNING EXERCISE

HAND HYGIENE – SITTING ROOM



11:30 DAILY SPARKLE NEWSLETTER

ST. PATRICK'S DAY PARADE ON TV

Daily Sparkle

Happy
St. Patrick's
Day

2:30 PM IRISH MUSIC, IRISH DANCING, IRISH BEVERAGES, & LOTS OF CRAIC!



SALON SERVICES



WEDNESDAY

11:00 AM MORNING EXERCISE

11:30 AM DAILY SPARKLE NEWLSETTER

11:45 AM SHORT POEMS

1.30 PM EXTEND CLASSES

3.00 PM IMAGINATION GYM



Daily Sparkle



SALON SERVICES 

THURSDAY

11:00 AM HEALTH ENHANCING PHYSICAL ACTIVITY



11:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM OCCUPATIONAL THERAPY

3:00 PM GAMES & BOWLING



SALON SERVICES 

THURSDAY EVENING

6:30 BINGO NIGHT & LIGHT REFRESHMENTS



FRIDAY

11:00 AM HEALTH ENHANCING PHYSICAL ACTIVITY



11:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM SONAS THERAPY

2:00 PM ARTS & CRAFTS



2:15 PM GAMES & BOWLING



SATURDAY

11:00 AM HEALTH ENHANCING PHYSICAL ACTIVITY

11:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

LUNCH FOLLOWED BY RELAXATION

1.30 PM HAND HYGIENE DEMONSTRATION CHECK

2:00 PM LISTENING TO FAVOURITE SONGS



SATURDAY EVENING

6.30 PM MOVIE NIGHT:
MOVIE OF CHOICE
AND LIGHT REFRESHMENTS



SUNDAY

READING SUNDAY NEWSPAPERS AND RELAXING



11.00 AM SUNDAY MORNING - MASS AND HOLY COMMUNION



11:30 HEALTH ENHANCING PHYSICAL ACTIVITY



2:00 PM LISTENING TO MUSIC



6:00 PM PARACHUTE GAME

