

**ACTIVITIES TIMETABLE WEEK BEGINNING: 23<sup>rd</sup> 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**

**Daily Sparkle**

**11:30 AM DAILY SPARKLE NEWSLETTER**

**12:00 PM LUNCH FOLLOWED BY RELAXATION SESSION**

**2:00 GAMES AND BOWLING**



**TUESDAY**



**11:00 AM MORNING EXERCISE -**

**HAND HYGIENE**

**11:30 AM DAILY SPARKLE NEWSLETTER**

**12:00 PM LUNCH FOLLOWED BY RELAXATION SESSION**

**Daily Sparkle**

**2.15 PM ARTS AND CRAFTS**



**SALON SERVICES**



WEDNESDAY



11:00 AM MORNING EXERCISE

11:30 AM DAILY SPARKLE NEWSLETTER

12:00 PM LUNCH FOLLOWED BY RELAXATION SESSION

2:00 PM EXTEND CLASSES

3.00 PM STORY TIME

Daily Sparkle®

SALON SERVICES 

THURSDAY

11:00 AM MORNING EXERCISE



11:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle®

12:00 PM LUNCH FOLLOWED BY RELAXATION SESSION

3:00 PM POEMS AND STORIES



SALON SERVICES 

THURSDAY EVENING

6:30 PM MOVIE NIGHT AND LIGHT REFRESHMENTS



**FRIDAY**

**11:00 AM MORNING EXERCISE**

**11:30 AM DAILY SPARKLE NEWSLETTER**

**12:00 PM LUNCH FOLLOWED BY RELAXATION SESSION**

**2:00 PM SONAS THERAPY**



*Daily Sparkle*



**2:15 PM GAMES AND BOWLING**



**SATURDAY**

**11:00 AM MORNING EXERCISE**

**11:30 AM DAILY SPARKLE NEWSLETTER**

**12:00 PM LUNCH FOLLOWED BY  
HAND HYGIENE DEMONSTRATION CHECK**



*Daily Sparkle*

**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**



**10:00 AM MORNING PRAYERS**



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



**12:00 PM LUNCH FOLLOWED BY RELAXATION SESSION**

**2:00 PM MUSICAL ENTERTAINMENT**

**DORIS DAY, KATIE DALY**



**6:00 PM PARACHUTE GAME**

