

ACTIVITIES TIMETABLE WEEK BEGINNING: 30th 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 GAMES AND BOWLING



TUESDAY

11:00 AM MORNING EXERCISE

HAND HYGIENE – SITTING ROOM

11:30 DAILY SPARKLE NEWSLETTER

ST. PATRICK'S DAY PARADE ON TV

Daily Sparkle



2:00 PM ARTS AND CRAFTS



SALON SERVICES



WEDNESDAY

11:00 AM MORNING EXERCISE



11:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM EXTEND CLASSES

3.00 PM IMAGINATION GYM



SALON SERVICES



THURSDAY

11:00 AM HEALTH ENHANCING PHYSICAL ACTIVITY



11:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM POEMS

3:00 IMAGINATION GYM



SALON SERVICES



THURSDAY EVENING

6:30 MOVIE NIGHT & LIGHT REFRESHMENTS



MOVIE NIGHT



FRIDAY

11:00 AM HEALTH ENHANCING PHYSICAL ACTIVITY



11:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM SONAS THERAPY

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



10:00 AM MORNING PRAYERS

11.00 AM SUNDAY MORNING - MASS AND HOLY COMMUNION



2:00 PM LISTENING TO MUSIC



6:00 PM PARACHUTE GAME

