

ACTIVITIES TIMETABLE WEEK BEGINNING: 9th 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 HEALTH ENHANCING

PHYSICAL ACTIVITY



Daily Sparkle

11:30 AM DAILY SPARKLE NEWSLETTER

2:15 PM COMPUTER CLASSES



TUESDAY

11:00 AM HEALTH ENHANCING PHYSICAL ACTIVITY

11:30 DAILY SPARKLE NEWSLETTER



Daily Sparkle

LUNCH FOLLOWED BY RELAXATION SESSION

2.15 PM ARTS AND CRAFTS



SALON SERVICES



WEDNESDAY



1.30 PM EXTEND CLASSES

3.00 PM IMAGINATION GYM



3:00 PM DAILY SPARKLE NEWSLETTER

Daily Sparkle

SALON SERVICES 

THURSDAY

11:00 AM HEALTH ENHANCING PHYSICAL ACTIVITY



11:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

SALON SERVICES 

THURSDAY EVENING

6:30 CHEESE CRACKERS & WINE



FRIDAY

11:00 AM HEALTH ENHANCING PHYSICAL ACTIVITY



11:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle



3:00 PM IMAGINATION GYM

SATURDAY

11:00 AM HEALTH ENHANCING PHYSICAL ACTIVITY

11:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

LUNCH FOLLOWED BY RELAXATION



1.30 PM MASSAGE THERAPY



3:00 PM BOWLING AND GAMES



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



2PM LISTENING TO MUSIC



PARACHUTE GAME

