

**ACTIVITIES TIMETABLE WEEK BEGINNING: 13<sup>th</sup> APRIL 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**



**HAND HYGIENE – SITTING ROOM  
11:00 DAILY SPARKLE NEWSLETTER**

**Daily Sparkle**

**2:00 PM ARTS AND CRAFTS**

**3:00 HEALTH ENHANCING  
PHYSICAL ACTIVITY**



**SALON SERVICES**



WEDNESDAY

11:00 AM DAILY SPARKLE NEWLETTER

Daily Sparkle



2:00 PM IMAGINATION GYM

3.00 PM BOWLING AND GAMES



SALON SERVICES

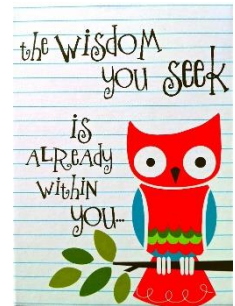
THURSDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM PROVERBS AND SAYINGS, POEMS

3:00 LISTENING TO FAVOURITE MUSIC



SALON SERVICES

THURSDAY EVENING

6:30 MOVIE NIGHT & LIGHT REFRESHMENTS



FRIDAY

11:00 AM DAILY SPARKLE NEWSLETTER

*Daily Sparkle*

2:00 PM SONG THERAPY



3:00 PM WATCHING FAVOURITE MOVIE

“ME LEFT FOOT”



SATURDAY

11:00 AM DAILY SPARKLE NEWSLETTER

*Daily Sparkle*

LUNCH FOLLOWED BY RELAXATION

2:00 PM HEALTH ENHANCING PHYSICAL ACTIVITY

3:00 PM MASSAGE THERAPY



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**

**DAILY SPARKLE**



**2:00 PM LISTENING TO MUSIC**



**6:30 PM MOVIE NIGHT WITH LIGHT REFRESHMENTS**

