

ACTIVITIES TIMETABLE WEEK BEGINNING: 27th 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 DAILY SPARKLE NEWSLETTER



**1:30 HEALTH ENHANCING PHYSICAL
ACTIVITY**



3:00 LISTENING TO FAVOURITE MUSIC



TUESDAY

11:00 AM HAND HYGIENE – SITTING ROOM



1:30 PM ARTS AND CRAFTS



3:00 WATCHING MOVIE OF CHOICE



SALON SERVICES



WEDNESDAY

11:00 AM DAILY SPARKLE NEWSLETTER



Daily Sparkle

1:30 PM EXTENDED CLASSES

3.00 PM FUN AND GAMES



SALON SERVICES

THURSDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

1:30 PM RELAXATION SESSION (Discussion of Current Events)

3:00 PM HEALTH ENHANCING PHYSICAL ACTIVITY



SALON SERVICES



THURSDAY EVENING

6:30 MOVIE NIGHT & LIGHT REFRESHMENTS



FRIDAY

11:00 AM HAND HYGINENE

1:30 PM SONG THERAPY

**3:00 PM LISTENING TO
FAVOURITE SONGS**



SATURDAY

11:00 AM DAILY SPARKLE NEWSLETTER



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

