

ACTIVITIES TIMETABLE WEEK BEGINNING: 1st JUNE 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 PM HEALTH ENHANCING
PHYSICAL ACTIVITY**

3:00 FUN AND GAMES!



TUESDAY

11:00 AM DAILY SPARKLE NEWSLETTER



1:30 PM ARTS & CRAFTS

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



SALON SERVICES



WEDNESDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

1:30 PM SIEL BLUE CHAIR GYM/ EXTENDED CLASS

PHYSICAL ACTIVITY



**3.00 PM HAND HYGIENE /
PROPER HANDWASHING**



SALON SERVICES



THURSDAY

11:00 AM DAILY SPARKLE NEWSLETTER

SITTING OUT ON THE BALCONY/GARDEN

1:30 PM LISTENING TO FAVOURITE SONGS

Daily Sparkle



3:00 PM "ICE CREAM" / TEATIME



THURSDAY EVENING

6:30 MOVIE NIGHT & LIGHT REFRESHMENTS



MOVIE NIGHT



FRIDAY

11:00 AM DAILY SPARKLE NEWSLETTER

1:30 PM SONG THERAPY

3:00 PM PET DAY



Daily Sparkle



SATURDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

LUNCH FOLLOWED BY RELAXATION

1:30 PM MASSAGE THERAPY

3:00 PM IMAGINATION GYM



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



1:30 PM MUSICAL ENTERTAINMENT



3:00 PM PARACHUTE GAME



6:30 PM MOVIE OF CHOICE WITH TEA / COFFEE

