

ACTIVITIES TIMETABLE WEEK BEGINNING: 8th 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

CHAIR GYM

3:00 PM LISTENING TO FAVOURITE SONGS



TUESDAY

11:00 AM DAILY SPARKLE NEWSLETTER



1:30 PM ARTS & CRAFTS

3:00 PM FUN AND GAMES!



SALON SERVICES



WEDNESDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

1:30 PM EXTENDED CLASS

3.00 PM BINGO / BOARD GAMES!



SALON SERVICES ✂

THURSDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

1:30 PM MANICURE OF COLOUR OF CHOICE



3:00 PM HEALTH ENHANCING

PHYSICAL ACTIVITY

SALON SERVICES ✂

THURSDAY EVENING

6:30 MOVIE NIGHT & LIGHT REFRESHMENTS



FRIDAY

11:00 AM DAILY SPARKLE NEWSLETTER

1:30 PM SONG THERAPY

3:00 PM BALL GAMES
(BASKETBALL / BOWLING)



Daily Sparkle



SATURDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

LUNCH FOLLOWED BY RELAXATION

1:30 PM MASSAGE THERAPY

3:00 PM DISCUSSION OF ACTIVITIES FOR THE WEEK



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 (ON T.V.)



**1:30 PM HEALTH ENHANCING
PHYSICAL ACTIVITY**



3:00 PM SONG THERAPY



**6:30 PM MOVIE NIGHT
LATE LATE SHOW: BRENDAN GRACE**

