

ACTIVITIES TIMETABLE WEEK BEGINNING: 10th AUGUST 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 PM BINGO!



TUESDAY

11:00 AM HEALTH ENHANCING PHYSICAL ACTIVITY



1:30 PM ARTS AND CRAFTS!



3:00 PM CHAIR GYM (SIEL BLEU)



WEDNESDAY

11:00 AM DAILY SPARKLE NEWSLETTER



1:30 PM EXTENDED CLASS

Daily Sparkle

3:00 PM BALL GAMES!



THURSDAY

11:00 AM DAILY SPARKLE NEWSLETTER



2:00 PM IMAGINATION GYM

Daily Sparkle

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



THURSDAY EVENING

6:30 PM MOVIE NIGHT!



FRIDAY

11:00 AM DAILY SPARKLE NEWSLETTER

2:00 PM LIGHT MASSAGE THERAPY

Daily Sparkle



3:00 PM GARDEN GAMES!



SATURDAY

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle



2:00 PM HEALTH ENHANCING
PHYSICAL ACTIVITY

3:00 PM PARACHUTE 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 SERVICE
HOLY COMMUNION**

1:30 PM DAILY SPARKLE NEWSLETTER



3:00 PM MUSICAL ENTERTAINMENT



SUNDAY EVENING

**6:30 PM MOVIE NIGHT:
OPERA NIGHT**

