

ACTIVITIES TIMETABLE WEEK BEGINNING: 17th 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

Daily Sparkle

2:00 PM SIEL BLEU CHAIR GYM

3:00 PM LISTENING TO FAVOURITE MUSIC

WITH TEA OR COFFEE



TUESDAY

**11:00 AM MORNING PRAYER AND
HEALTH ENHANCING PHYSICAL ACTIVITY**



2:00 PM ARTS AND CRAFTS!



3:00 PM BAKING



WEDNESDAY

11:00 AM DAILY SPARKLE NEWSLETTER



2:00 PM EXTENDED CLASS

Daily Sparkle

**3:00 PM HEALTH ENHANCING
PHYSICAL ACTIVITY**



SALON SERVICES ALL DAY



THURSDAY

11:00 AM DAILY SPARKLE NEWSLETTER



2:00 PM O.T. MEN SHED

Daily Sparkle

3:00 PM GARDENING



THURSDAY EVENING

6:30 PM IRISH COFFEE NIGHT (HARBOUR)



FRIDAY

11:00 AM DAILY SPARKLE NEWSLETTER

2:00 PM SIEL BLEU CHAIR GYM

Daily Sparkle



3:00 PM BINGO / BOARD GAMES!



SATURDAY

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle



2:00 PM LIGHT MASSAGE / NAIL CARE



3:00 PM BALL GAMES / BASKETBALL



SATURDAY EVENING

6:30 PM MOVIE NIGHT:
MOVIE OF CHOICE
AND LIGHT REFRESHMENTS



SUNDAY

READING SUNDAY NEWSPAPERS AND RELAXING



11:00 AM DAILY PRAYER & SUNDAY SERVICE ON T.V.

2:00 PM SONG THERAPY



3:00 PM MUSICAL ENTERTAINMENT



SUNDAY EVENING

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

