

**ACTIVITIES TIMETABLE WEEK BEGINNING: 3<sup>rd</sup> 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 GARDEN GAMES**



**TUESDAY**

**11:00 AM HEALTH ENHANCING PHYSICAL ACTIVITY**



**1:30 PM ARTS AND CRAFTS!**



**3:00 PM CHAIR GYM (SIEL BLEU)  
OR BAKING**



**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 KARAOKE AND IRISH COFFEE 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**

