

ACTIVITIES TIMETABLE WEEK BEGINNING: 18TH JANUARY 2021

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

10:30 AM COFFEE AND TEA MORNING



1:30 PM TONGUE TWISTER TOURNAMENT



3:00 PM INDOOR VOLLEYBALL LESSON

TUESDAY

10:30 AM SPARKLING CHAT ABOUT DAILY SPARKLE

Daily Sparkle

1:30 PM FUN WITH FLOWERS (FLOWER DAY)



3:00 PM MAKING COLOURS AND WONDERS (ARTS AND CRAFTS)



SALON SERVICE ALL DAY



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WEDNESDAY

10:30 AM COFFEE AND TEA MORNING CHAT



1:30 PM AFTERNOON YOGA (CHAIR YOGA)



3:00 PM HEALTH ENHANCING PHYSICAL ACTIVITY



SALON SEVICE ALL DAY



THURSDAY

10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM MAGICAL TRIP TO ENCHANTED FOREST



3:00 PM NAIL AND HAND SPA WITH LIGHT MASSAGE



6:30 PM CHARADE NIGHT WITH BIG PRIZES



FRIDAY

10:30 AM CHAT AND GOSSIP MORNING



2:00 PM GETTING PHYSICAL WITH SIEL BLEU



3:00 PM TOE TAPPING TO SINATRA'S GREATEST HITS



SATURDAY

10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM FUN WITH WORDS (NAME 5 GAME)



3:00 PM INDOOR SWINGBALL TOURNAMENT



SUNDAY

READING SUNDAY NEWSPAPERS AND RELAXING



10:30 AM COFFEE AND TEA MORNING



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11:10 AM SUNDAY SERVICE



2:00 PM SINGING WITH MARC



3:00 PM RELAXING WITH DORIS DAY'S GREATEST HITS

