

ACTIVITIES TIMETABLE WEEK BEGINNING: 15th FEBRUARY 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 DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM SIEL BLUE CHAIR GYM



Seated Twists



Side Bends



Seated Knee Lifts

3:00 PM TOE TAPPING WITH FRANK SINATRA'S GREATEST HITS



TUESDAY

10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM FUN ARTS & CRAFTS



3:00 PM PANCAKE DAY!



SALON SERVICE ALL DAY

WEDNESDAY

10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM LET'S GET PHYSICAL



3:00 PM SOCCER BOWLING



✂ SALON SERVICE ALL DAY ✂

THURSDAY

10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM SINGING WITH FAVOURITE SONGS



3:00 PM EXTEND CLASS

6:30 PM FEBRUARY QUIZ NIGHT!



FRIDAY

10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:30 PM MOBILE MUSIC MACHINE!



SATURDAY

10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM BATTON DAY!

6:00 PM MOVIE NIGHT



SUNDAY

READING SUNDAY NEWSPAPERS AND RELAXING



10:30 AM DAILY EXERCISES



11:10 AM SUNDAY MASS



2:00 PM MUSICAL ENTERTAINMENT

