

ACTIVITIES TIMETABLE WEEK BEGINNING: 1st 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

9:00 AM 2ND DOSE VACCINATION DAY



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

TOP HITS

SINATRA
BEST OF THE BEST



TOP HITS

TUESDAY

10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM FUN ARTS & CRAFTS



3:00 PM BEAT THAT! (DICE GAME)



VACCINATION DAY



SALON SERVICE ALL DAY



WEDNESDAY

10:30 AM NCH CONCERT HALL



2:00 PM LET'S GET PHYSICAL



3:00 PM SOCCER BOWLING



SALON SEVICE ALL DAY

THURSDAY

10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM SINGING WITH ALZHEIMERS SOCIETY OF IRELAND



3:00 PM READ ME MY HOROSCOPE



6:30 PM CELTIC THUNDER LIVE CONCERT

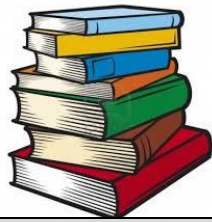


FRIDAY

10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM CUPPA? TEA PARTY



3:00 PM READ ALOUD DAY



SATURDAY

10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM NO SEW SACHETS (CRAFTS)



3:00 PM HEALTH ENHANCING PHYSICAL ACTIVITY



SUNDAY

READING SUNDAY NEWSPAPERS AND RELAXING



10:30 AM DAILY EXERCISES



11:10 AM SUNDAY MASS



2:00 PM OKI DOKI KARAOKI



3:00 PM MUSICAL ENTERTAINMENT

