

**ACTIVITIES TIMETABLE WEEK BEGINNING: 8<sup>th</sup> 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 HEALTH ENHANCING PHYSICAL ACTIVITY**



**3:00 PM DORIS DAY'S GREATEST HITS**



**TUESDAY**

**10:30 AM DAILY SPARKLE NEWSLETTER**

**Daily Sparkle**

**2:00 PM FUN TIME, ART TIME**



**4:00 PM TEA PARTY**



**SALON SERVICE DAY**



**WEDNESDAY**

**10:30 AM DAILY SAPRKLÉ NEWSLETTER**

**Daily Sparkle**



**2:00 PM INDOOR VOLLEYBALL LESSON**



**3:00 PM EXTENDED CLASS**



**SALON SEVICE ALL DAY**

**THURSDAY**

**10:30 AM LAUGHTER YOGA**



**2:00 PM READ ME MY HOROSCOPE**



**3:00 PM IMAGINATION GYM**



FRIDAY

10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM "KUNG HEI FAT CHOI" (CHINESE NEW YEAR CLEBRATION)



3:00 PM LISTENING TO FAVOURITE 50'S LOVE SONG



SATURDAY

10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM ARMCHAIR TRAVEL



3:00 PM PARACHUTE ACTIVITY



6:30 PM MOVIE NIGHT - "SINGING IN THE RAIN"



**SUNDAY**

**10:30 AM DAILY SERVICE / SUNDAY MASS**



**2:00 PM SONG THERAPY**



**4:00 ASHFORD HOUSE SENIORS PROM**

