

ACTIVITIES TIMETABLE WEEK BEGINNING: 22nd March 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

1:00 PM INDOOR VOLLEYBALL GAME



2:00 PM GARDENING ON BALCONY OR GARDEN

14:00 SMOOTHIE MONDAY



TUESDAY

10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM ARTS & CRAFTS



**3:00 PM TEATIME TUESDAYS AND
A BIRTHDAY CELEBRATION!**

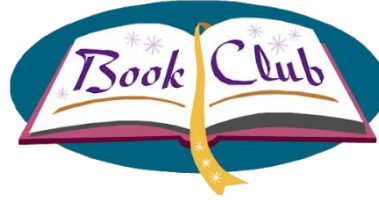


WEDNESDAY

10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM BOOK CLUB DAY



3:00 PM WATERY WEDNESDAY



SALON SERVICE ALL DAY

THURSDAY

10:30 AM DAILY SPARKLE NEWSLETTER

2:00 PM SINGING ALONG WITH ALZHEIMERS SOCIETY OF IRELAND



3:00 PM THIRSTY THURSDAY



2.30pm MASS

6:30 PM MEDITATION NIGHT

SALON SERVICE ALL DAY

FRIDAY

10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

2:00 PM TOE TAPPING AFTERNOON TO SINATRA'S GREATEST HITS



3:00 PM FRUITY FRIDAYS

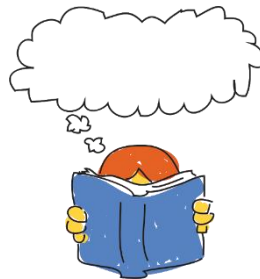


SATURDAY

10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

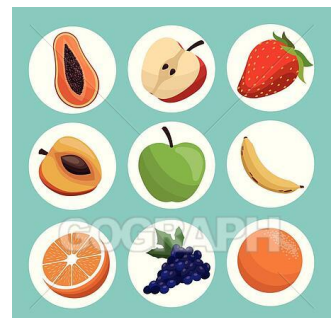
2:00 PM IMAGINATION GYM



3:00 PM FRUIT TASTING SATURDAY

6:30 PM MOVIE NIGHT

"FUNNY GIRL"



SUNDAY

READING SUNDAY NEWSPAPERS AND RELAXING



10:30 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

11:10 AM SUNDAY SERVICE



2:00 SING SONGS WITH ASHFORD HOUSE STAFF

3:00 PM CELEBRATORY DRINKS – OFFICIALLY SUMMER!

