Weekly Activity Schedule

Date Range Here

Sitting room 1 or 2=SR1 or 2 Dining room= DR Individual activities= IA

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| **Time** | **Activity** | **Where** |
| **Monday** | | |
| 10.00 – 10.30 | Mass on TV and daily Rosary | SR2 |
| 10.30 – 11.00 | Therapy Dog |  |
| 10.30 – 12.30 | Hand Massages, manicures | IA |
| 11.00 – 11.15 | Exercises | SR2 |
| 11.15 – 11.40 | Memory games and a story | SR2 |
| 11.40 – 12.15 | Sing-a-long and Music with Maria | SR2 |
| 1.20 – 2.10 | Writers Group | DR |
| 2.30 – 3.15 | Bingo | SR2 |
| 3.00 – 3.45 | Music and reminiscence in individual rooms | IA |
| **Tuesday** | | |
| 10.00 – 10.30 | Mass on TV | SR2 |
| 11.00- 12.00 | Sonas | SR1 |
| 11.00 – 11.15 | Prayers with Sr Carmel | SR2 |
| 11.00 – 11.15 | Exercises | SR2 |
| 11.15 – 11.40 | Quiz | SR2 |
| 11.40 – 12.15 | Beanbag toss and chat | SR2 |
| 1.30 – 1.45 | Parachute Activity | DR |
| 2.15 – 3.30 | Card making Craft for small groups | DR |
| 2.30 – 3.15 | Darts game | SR2 |
| 3.15 – 3.45 | Targeted activities in individual rooms | IA |
| **Wednesday** | | |
| 10.00 – 10.45 | Mass on TV and Rosary | SR2 |
| 10.30 - 11.00 | Activities targeted to individuals in rooms | AI |
| 11.15 – 11.30 | Exercises | SR2 |
| 11.30 – 12.15 | Word game |  |
| 2.00 – 2.30 | Hand massages | IA |
| 2.30 – 3.10 | Skittles | SR2 |
| 3.15 – 3.45 | Targeted activities in individual rooms | IA |
| **Thursday** | | |
| 10.00 – 10.30 | Mass on TV | SR2 |
| 10.30 - 11.00 | Activities targeted to individuals in rooms | AI |
| 11.00 – 11.15 | Prayers with Sr Carmel | SR2 |
| 11.15 – 12.15 | Sonas | SR2 |
| 2.00 -3.30 | Art | DR |
| **Friday** | | |
| 10.00 – 10.30 | Mass on TV | SR2 |
| 10.30 - 11.00 | Activities targeted to individuals in rooms | AI |
| 11.15 – 11.30 | Exercises | SR2 |
| 11.30 | Weekly Fire Safety Talk | SR2 |
| 11.40 – 12.15 | Reminiscence and Ring game | SR2 |
| 2.30 – 3.10 | Bingo | SR2 |
| 3.15 – 3.45 | Hand massages and Room visits |  |