Weekly Activities Programme

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Am	Quiz 10.00 Chair Exercise 11.00 	Beauty Care 10.00 Listening To Soft Music 11.00 	Rummage Boxes 10.00 Touch & Feel Knitting 11.00 	Poetry Reading 10.00 Singing & Dancing 11.00 	Spiritual Reading & Gospel Music 10.00 	Old Movies & Helping Staff 10.00 	Church Services / Sunday Papers 10.00
Am	Individual Activities	Individual Activities	Individual Activities	Individual Activities	Individual Activities	Individual Activities	Individual Activities
Pm	Movie Afternoon 2.00 	Tea & Coffee Afternoon 2.00 	Walks In The Garden 2.00 	One To One Activities 2.00 	Group Reminiscence 2.00 	One To One Room Visit Ball Games 2.00 	Sunday Papers & Music 2.00
Pm	Individual Activities	Individual Activities	Individual Activities	Individual Activities	Individual Activities	Individual Activities	Individual Activities