

Rest Home Activities Programme for OCTOBER 2021

| Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|------------------------------------|---|--|--|--|--|
| TV MOVIE | RELIGIOUS SERVICES AVAILABLE ON TV | 9.00 Exercise Class 10.15 NEWSPAPER & QUIZ | 9.00 Exercise Class 10.15 NEWSPAPER & QUIZ | 9.00 Armchair Travel 10.15 NEWSPAPER & QUIZ | 9.00 Animal Antics 10.15 NEWSPAPER & QUIZ | 9.00 Comedy Show 10.15 NEWSPAPER & QUIZ |
| | | 10.40 CROSS WORD | 11.00 BOWLS or Ball Games | 11.10 SIT DANCE | 10.50 Creative Writing & Reminiscing | 10.40 Music You Tube Video |
| | | 1.00 VAN TRIP Or Music with Eve | 1.00 Fern Lounge Poetry Group 1.30 DECKSTON LOUNGE Sing along | 1.00 VAN TRIP Or CRAFT | 1.00 Individual 1-1 3.00 Classical Music | 1.00 HOUSIE 3.00 HAPPY HOUR |

Program is subject to change on the day. Please see whiteboard in Lounge