

Rest Home Activities Programme for September 2020

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
TV MOVIE	TV Religious Service	9.15 Morning Chat 10.15 NEWSPAPER & QUIZ	9.15 Morning Chat 10.15 NEWSPAPER & QUIZ	9.15 Gentle Music 10.30 NEWSPAPER & QUIZ	9.15 Animal Antics 10.30 NEWSPAPER & QUIZ	9.15 Comedy Show 10.30 NEWSPAPER & QUIZ
		10.30 Eve's BIG QUIZ 11.00 Tai Chi	10.40 CROSSWORD 11.15 Sit Exercise	10.50 Bowls /Ball Games	10.50 Word Games 11.15 music & movement	10.40 You Tube Show
		1.00 Sing along	1.00 Fern Lounge Poetry Group 2.30 Sing along	2.45 Happy Hour	1.00 CRAFT 2.45 SING ALONG	1.00 HOUSE 3.00 Friday Flick

Program subject to change, on the day. Please see board in Lounge