

Rest Home Activities Programme for October 2020

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
TV MOVIE	Religious Services (See Notice)	Hairdresser 9.00 Morning Chat 10.15 NEWSPAPER & QUIZ	9.00 Morning Chat 10.15 NEWSPAPER & QUIZ	Hairdresser 9.00 <i>Gentle Music</i> 10.15 NEWSPAPER & QUIZ	9.00 Animal Antics 10.15 NEWSPAPER & QUIZ	9.00 Comedy Show 10.15 NEWSPAPER & QUIZ
		10.40 Sing along 11.00 Tai Chi	10.40 CROSSWORD 11.15 Sit Exercise	10.50 Bowls or Ball Games	10.50 Word Games 11.15 Music & Movement	10.40 Live Concert (See Notice) Or Music Video
Canine Friends Visit		1.00 VAN TRIP	1.00 Fern Lounge Poetry Group 2.30 Sing along	1.00 Stories & Quiz 2.45 Happy Hour	1.00 CRAFT 2.45 SING ALONG	1.00 HOUSIE 3.00 Friday Flick

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