

















Below is a sample of a two week Activity Calendar

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
11.00	Radio Ulster Church Service 	9.30	Individual Room Visits	9.30	Individual Room Visits	9.30	Individual Room Visits	9.00	Hairdressing/ Be Pampered 	9.00	Hairdressing/ Be Pampered	11.00	Movie Morning 		
		11.00	Fresh Air Walks	11.00	Arts & Crafts with Sue	12.00	Exercise to Music			12.00	Fresh Air Walks				
		12.00	Musical Bingo	12.00	Exercise to Music	2.30	Walking Practice			2.30	Walking Practice				
2.30	Fresh Air Walks	2.00	Pamper Session with Jean	3.00	Quiz 	3.00	Balloon Volleyball 	2.30	Painting 	3.00	Baking Class 	3.00	Fresh Air Walks 		
		3.00	Walking Practice											4.00	Fresh Air Walks
3.00	Walking Practice	4.00	Fresh Air Walks	4.00	Fresh Air Walks	4.00	Fresh Air Walks	4.00	Fresh Air Walks	6.00	Bingo	6.00	Bingo		
		6.00	Bible Reading	6.00	Manicures	6.00	XO Game	6.00	Word Search						
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
11.00	Radio Ulster Church Service 	9.30	Individual Room Visits	9.30	Individual Room Visits	9.30	Individual Room Visits	9.00	Hairdressing/ Be Pampered	9.00	Hairdressing/ Be Pampered	11.00	Movie Morning 		
		12.00	Church Service	12.00	Exercise to Music	12.00	Walking Practice			2.30	Walking Practice			12.00	Fresh Air Walks
		2.30	Walking Practice	2.30	Walking Practice	2.30	Exercise to Music			3.00	Fruity Day & Juice 			2.30	Walking Practice
3.00	Name That Tune 	3.00	Bean Bag Game	3.00	Spot the Difference 	3.00	Baking Class 								
2.30	Fresh Air Walks	3.00	Name That Tune	3.00	Bean Bag Game	4.00	Spot the Difference	4.00	Fresh Air Walks	4.00	Fresh Air Walks	4.00	Fresh Air Walks		
		4.00	Fresh Air Walk	4.00	Fresh Air Walk									6.00	Bingo
3.00	Walking Practice	4.30	Fresh Air Walks	6.00	Indoor Skittles 	4.00	Fresh Air Walks	4.00	Fresh Air Walks	4.00	Fresh Air Walks	3.00	Fresh Air Walks 		
		6.00	News in RNH											6.00	Bingo