

MONTHLY ACTIVITY SHEET FOR THE MONTH OF _____

DATE	TIME	ACTIVITY	DATE	TIME	ACTIVITY
Thurs 1 st	11.00am	Music sing along 1 st	Fri 16 th	11.00am	Pottery with Chris
	11.00am	Ball games 2 nd floor		11.00am	Music on 2 nd
	3.00pm	Knitting in activity room		3.00pm	Positive ageing week
	6.00pm	Rosary		6.00pm	Sweet shop trolley
Fri 2 nd	11.00am	Pottery with Chris	Sat 17 th	11.00am	Hand Massage with Megan 1 st Floor
	11.00am	Newspaper reading		3.00pm	Quiz in Day Room
	3.00pm	Art exhibition tlc /staffan		6.00pm	Bingo in Day Room
	6.00pm	Sweet shop trolley			
Sat 3 rd	11:00am	Activities 1 st and 2 nd Floor	Sun 18 th	11.00am	Service on Sunday 2 nd Floor
	3.00pm	Quiz in Day Room		3.00pm	Music with Brendan in Day Room
	6.00pm	Movie Night in Day Room		6.00pm	Men and Women's Pamper Evening
Sun 4 th	11.00am	Service on Sunday 2 nd Floor	Mon 19 th	11.00am	Art with jordanna 1 st
	3.00pm	Banjo Man in Day Room		11.00am	News of the day 2 nd
	6.00pm	TLC Countdown		3.00pm	Mass in day room
				6.00pm	Individual person centred interactions
Mon 5 th	11.00am	Art with jordanna 1 st	Tues 20 th	11.00am	Art with Jordanna
	11.00am	Music morning 2 nd		11:00am	Light Exercise 2 nd Floor
	3.00pm	St Anthony's c.c		3.00pm	Pottery with Chris
	3.00pm	Mass in day room		4:30pm	Pizza Night
	6.00pm	Individual person centred			
Tues 6 th	8.00am	Trip to Knock	Wed 21 st	11.00am	Viva life exercise 1 st
	11.00am	Art with Jordanna		11.00am	Art and crafts 2 nd
Wed 7 th				3.00pm	Trip around Dublin
				3.00pm	Viva life exercise 2 nd
				6.00pm	3 rd floor karaoke
Thurs 8 th	11.00am	Viva life exercise 1 st	Thurs 22 nd	11.00am	Hand Massage with Megan 1 st Floor
	11.00am	Target games 2 nd		11:00am	Balance Class in Physio Room
	3.00pm	Shopping trip		3.00pm	Halloween Arts and Crafts
	3.00pm	Viva life exercise 2 nd		6.00pm	Rosary
	6.00pm	Movie night			
Fri 23 rd	11.00am	Target Game 1 st Floor	Fri 23 rd	11.00am	Pottery with Chris
	11.00am	Balance Class in Physio Room		3.00pm	Exercise in Day Room
	3.00pm	Bingo in Day Room		6.00pm	Sweet Shop Trolley
	5:30pm	Art Exhibition – TLC City West			

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Fri 9 th	11.00am 3.00pm 6.00pm	Activities 1 st and 2 nd Floor Gentlemen's Shed Club Sweet Shop Trolley	Sat 24 th	11.00am 11.00am 3.00pm 6.00pm	Music morning 1 st Board games 2 nd Music with Robert pierce Card games in activity room
Sat 10 th	11.00am 11.00am 3.00pm 6.00pm	Light exercise 1 st Board games 2 nd Halloween masks making Tea and coffee afternoon	Sun 25 th	11.00am 11.00am 3.00pm 6.00pm	Skittles 1 st Service on Sunday 2 nd Bingo in activity room Old time movie of Dublin
Sun 11 th	11.00am 11.00am 3.00pm 6.00pm	Indoor skittles 1 st Service on Sunday 2 nd Bingo in activity room Individual person centred interactions	Mon 26 th	11.00am 3.00pm 6.00pm	Art with Jordanna 1 st Floor Mass in Day Room Halloween Movie in Day Room
Mon 12 th	11.00am 11.00am 3.00pm 6.00pm	Art with Jordanna 1 st Floor Music Morning 2 nd Floor Mass in Day Room Ladies Night in Activity Room	Tues 27 th	11.00am 11.00am 3.00pm 6.00pm	Art with jordanna Music morning 2 nd Pottery with Chris Skittles in activity room
Tues 13 th	11.00pm 11.00am 3.00pm 6.00pm	Art with jordanna Ball games 2 nd Pottery with Chris Pitch and putt activity room	Wed 28 th	11.00am 3:00pm 3.00pm 6.00pm	Viva Life 1 st Floor Halloween at the Chocolate Warehouse Viva Life 2 nd Floor Pumpkin Carving
Wed 14 th	11.00am 11.00am 3.00pm 3:00pm 6.00pm	Viva Life 1 st Floor Reminiscing Therapy 2 nd Floor Trip to Cinema Viva Life 2 nd Floor TLC Countdown	Thurs 29 th	11.00am 11.00am 3.00pm 6.00pm	Ball exercise 1 st Music morning 2 nd Knitting in activity room Rosary
Thurs 15 th	11.00am 11.00am 3.00pm 6.00pm	Arts and crafts 1 st Halloween arts crafts Knitting in activity room Rosary	Fri 30 th	11.00am 11.00am 3.00pm 6.00pm	Pottery with Chris Jigsaw making 1 st Individual person cantered Sweet shop trolley
			Sat 31 st	11:00am 3:00pm	Decorating the Haunted House with Residents Halloween Party