**C:\Documents and Settings\Jonathan\Local Settings\Temporary Internet Files\Content.IE5\4036HASN\MC900440430[1].wmfTilsley House Activity Programme (Week One)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| AM | Hairdresser  &  Adapted tai chi | An Activity with  Jamie | Memory & Sensory Games | Hymns and prayers with Sheila | Exercise and ball games | Reminiscence therapy | Armchair  exercise |
| **Lunchtime** | | | | | | | |
| **PM** | Seated exercise | Ruth’s Holistic Beauty & Nail Treatments | Tilsley shop | An activity with Jamie | Board games | Manicures & pedicures | Afternoon Classic Movie |

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**Tilsley House Activity Programme (Week Two)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| AM | Hairdresser  &  Adapted tai chi | An Activity with  Jamie | Songs around the piano with Enid | Prayers  & Sing along | Exercise and ball games | Reminiscence  therapy | Armchair  exercise |
| **Lunchtime** | | | | | | | |
| **PM** | Sight and sound therapy | Hand and foot massages | Baking with Mat and Jamie | An activity  with Jamie | Arts and crafts | Manicures & pedicures | Afternoon Classic Movie |