



Tilsley house weekly activities



TIME 9.00- 11.00	MONDAY ONE TO ONE (NAIL CARE AND HAND MASSAGE DAILEY ONE TO ONE) ARM CHAIR EXCERCISES WITH DEBBIE QUIZ	TUESDAY ONE TO ONE WITH DEBBIE ARM CHAIR EXERCISES WORD MATCH	WEDNESDAY ONE TO ONE WITH DEBBIE ARMCHAIR EXCERCISES ARTS /CRAFTS	THURSDAY ONE TO ONE WITH DEBBIE ARMCHAIR EXCERCISES REMINISE WITH MUSIC/SINGING	FRIDAY ONE TO ONE WITH DEBBIE ARMCHAIR EXCERCISES BOARD GAMES	SATURDAY EASY LISTENING MUSIC	SUNDAY BOOK CORNER MS TAKES EXCERCISES CLASS
11.00-12.30	ACTIVITIES	ACTIVITIES	ACTIVITIES	ACTIVITIES	ACTIVITIES		
12.30-13.30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
2.00- 3.00	NAIL CARE /HAND MASSAGES FOLLOWED BY CARD GAMES	BINGO SESSIOIN WITH DEBBIE BREAK FOR REFRESHMENTS ICE CREAM FRUIT SALAD	(WEATHER PERMITTING WALK OVER TO THE PARK FACE MASKS TO BE WORN)by Request Any Day	GROUP SESSION SKITTLES /BALL GAMES MUSICAL INSTRUMENTS	BINGO SESSION WITH DEBBIE REFESHMENTS CRACKERS CHEESE /FRUIT CUT UP	(DEBBIES ACTIVITIES ARE STILL IN PLACE WHEN I AM NOT HERE)SANDRA/ STAFF ON DUTY QUIZ MOVIE MATINTEE	SONGS OF PRAISE ON TV
3.00 -4.00	CARDS	BINGO SESSION	CARDS AND BOARD GAMES	FLOOR GAMES	BINGO SESSIONS		