










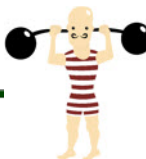







# Tilsley House Activity Programme

**Week One**

**Updated Saturday 18 th July 2015**

## Morning

## Afternoon

<b>Monday</b>	10.30	Hymn service with Enid 	2pm	Outside visits with Jane 
	11.30	Adapted Tai Chi with Ruth 	3pm	Robin's music, song, dance
<b>Tuesday</b>	10.30	Garden Club with Jane 	1.30	Ruth's Holistic Therapy 
	12md	Mary's Pre - Lunch Hymns 		Manicures and hand massages 
<b>Wednesday</b>	10.30	Hymn service with Enid	2.30	Sharing Stories over a 'cuppa' 
	11.00	Reminiscence 	4pm	Exercise with Dennis 
<b>Thursday</b>	11.00	Resident's discussions/meetings	2pm	Physical Games 
	12md	Mary's Pre - Lunch Hymns	4pm	Robin and Roy's Choir Practice
<b>Friday</b>		Hairdressing Day 	2.30	Afternoon Matinee 
<b>Saturday</b>	10.30	Old time sing-along	2pm	Word and guessing games 
	11.00	Gentle Exercise 	4pm	Peter's afternoon quiz Themed Evening Event (see poster)
<b>Sunday</b>	11.00	Resident's Themed Sunday Service 	2.30pm	Mary's Painting/ Art Workshop 
			4pm	Robin's Performing Arts workshop

Please Ensure All Residents of the Home are offered Participation of Activities.