


AVALON
 Activity planner

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|--|--|
| 9.30 – 10.30 Coffee/tea & newspapers in the lounges. | 9.30 – 10.30 Coffee/tea & newspapers in the lounges. | 9.30 – 10.30 Coffee/tea & newspapers in the lounges. | 9.30 – 10.30 Coffee/tea & newspapers in the lounges. | 9.30 – 10.30 Coffee/tea & newspapers in the lounges. | 9.30 – 10.30 Coffee/tea & newspapers in the lounges. | 9.30 – 10.30 Coffee/tea & newspapers in the lounges. |
| 10.30 – 11.30 Pamper time | 10.30 – 11.30 Exercise and movement to music | 10.30 – 11.30 Hairdresser 1:1 sessions | 10.30 – 11.30 Music & memories | 10.30 – 11.30 Arts & crafts | 10.30 – 11.30 Puzzles & painting | 10.30 – 11.30 Name that animal |
| 12pm – 1.45 Lunchtime | 12pm – 1.45 Lunchtime | 12pm – 1.45 Lunchtime | 12pm – 1.45 Lunchtime | 12pm – 1.45 Lunchtime | 12pm – 1.45 Lunchtime | 12pm – 1.45 Lunchtime |
| 2.00 – 3.00 Animal bingo | 2.00 – 3.00 Movie afternoon (It's a wonderful life) | 2.00 – 3.00 Hand & foot massage with Laura Tim West | 2.00 – 3.00 Baking club | 2.00 – 3.00 Reminiscence therapy | 2.00 – 3.00 Cards & Games | 2.00 – 3.00 Carpet bowls |
| 3.00 – 3.30 Afternoon tea & cake | 3.00 – 3.30 Afternoon tea & cake | 3.00 – 3.30 Afternoon tea & cake | 3.00 – 3.30 Afternoon tea & cake | 3.00 – 3.30 Afternoon tea & cake | 3.00 – 3.30 Afternoon tea & cake | 3.00 – 3.30 Afternoon tea & cake |
| 3.30 – 4.30 Sing a long | 3.30 – 4.30 Target toss | 3.30 – 4.30 Skittles | 3.30 – 4.30 Dominoes | 3.30 – 4.30 Pet pals | 3.30 – 4.30 Name that Tune | 3.30 – 4.30 Past time memories |
| 4.30 – 5.00 Sensory 1:1 in bedrooms | 4.30 – 5.00 Sensory 1:1 in bedrooms | 4.30 – 5.00 Sensory 1:1 in bedrooms | 4.30 – 5.00 Sensory 1:1 in bedrooms | 4.30 – 5.00 Sensory 1:1 in bedrooms | 4.30 – 5.00 Sensory 1:1 in bedrooms | 4.30 – 5.00 Sensory 1:1 in bedrooms |



Joining together for therapeutic activities.



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|--|--|--|--|--|--|--|
| 9.30 – 10.30 Coffee/tea & newspapers in the lounges. | 9.30 – 10.30 Coffee/tea & newspapers in the lounges. | 9.30 – 10.30 Coffee/tea & newspapers in the lounges. | 9.30 – 10.30 Coffee/tea & newspapers in the lounges. | 9.30 – 10.30 Coffee/tea & newspapers in the lounges. | 9.30 – 10.30 Coffee/tea & newspapers in the lounges. | 9.30 – 10.30 Coffee/tea & newspapers in the lounges. |
| 10.30 – 11.30 Music for Health | 10.30 – 11.30 Pamper time | 10.30 – 11.30 Hairdresser 1:1 sessions | 10.30 – 11.30 Name that tune | 10.30 – 11.30 Memory newspapers | 10.30 – 11.30 Storytime with Rhonda | 10.30 – 11.30 Sing a long |
| 12pm – 1.45 Lunchtime | 12pm – 1.45 Lunchtime | 12pm – 1.45 Lunchtime | 12pm – 1.45 Lunchtime | 12pm – 1.45 Lunchtime | 12pm – 1.45 Lunchtime | 12pm – 1.45 Lunchtime |
| 2.00 – 3.00 Snakes & Ladders | 2.00 – 3.00 Movie afternoon (Mamma Mia) | 2.00 – 3.00 Hand & foot massage with Laura Tim West | 2.00 – 3.00 Arts & Crafts | 2.00 – 3.00 Sing a long | 2.00 – 3.00 Past time memories | 2.00 – 3.00 Puzzles |
| 3.00 – 3.30 Afternoon tea & cake | 3.00 – 3.30 Afternoon tea & cake | 3.00 – 3.30 Afternoon tea & cake | 3.00 – 3.30 Afternoon tea & cake | 3.00 – 3.30 Afternoon tea & cake | 3.00 – 3.30 Afternoon tea & cake | 3.00 – 3.30 Afternoon tea & cake |
| 3.30 – 4.30 Carpet bowls | 3.30 – 4.30 Music & memories | 3.30 – 4.30 Target toss | 3.30 – 4.30 Floor games | 3.30 – 4.30 Exercise to music | 3.30 – 4.30 Animal bingo | 3.30 – 4.30 Skittles |
| 4.30 – 5.00 Sensory 1:1 in bedrooms | 4.30 – 5.00 Sensory 1:1 in bedrooms | 4.30 – 5.00 Sensory 1:1 in bedrooms | 4.30 – 5.00 Sensory 1:1 in bedrooms | 4.30 – 5.00 Sensory 1:1 in bedrooms | 4.30 – 5.00 Sensory 1:1 in bedrooms | 4.30 – 5.00 Sensory 1:1 in bedrooms |



Joining together for therapeutic activities.

Avalon Nursing Home

Activities

Pet pals (monthly),
Hand & foot massage (weekly)
Cinema afternoon (weekly),
Tim West singer (fortnightly),
Andy Payne pianist (fortnightly),
Zoolab (monthly),
Movement to music (monthly),
Baking club (fortnightly),
Gardening club (weekly),
Reminiscence therapy (weekly),
Hairdresser (weekly),
Chiropodist (6 weekly),
Communion (monthly),
Frantic Theatre Company (3 monthly)

These activities are in addition the daily activities that are offered during the daily activity schedule.

Every morning between 9am & 10am is coffee/tea & newspapers.
Every afternoon between 4pm & 5pm is 1:1 therapy sessions