























ABBEY COURT: ACTIVITY ROTA

WEEK ONE	MORNING	AFTERNOON	EVENING
MONDAY	Newspapers/ TV Discussions 	BINGO 	Reminiscence 
TUESDAY	Aerobics 	Dominoes	Chatting
WEDNESDAY	Hair Care	Arts & Crafts	Musicals/Musical Therapy
THURSDAY	Puzzles	Tea party 	Ball games 
FRIDAY	Outside: bird feeding/Gardening etc	Quiz	Floor Games
SATURDAY	Pampering: (Nail Care) 	Hair Care	Social Night
SUNDAY	Cold baking 	Card Games	Movie Night 





ABBEY COURT: ACTIVITY ROTA

WEEK TWO	MORNING	AFTERNOON	EVENING
MONDAY	Musicals/Musical Therapy	Arts & Crafts	Chatting
TUESDAY	Hand Massaging	BINGO 	Hair Do's
WEDNESDAY	Reminiscence 	Dominoes	Meditation
THURSDAY	Aerobics 	Outside: bird feeding/Gardening etc	Newspapers/ TV Discussions 
FRIDAY	Board Games	Walking	Ball games 
SATURDAY	Pampering: (Nail Care) 	Hair Care	Social Night
SUNDAY	Sensory Bag 	Quiz	Movie Night 

ABBEY COURT: ACTIVITY ROTA

WEEK THREE	MORNING	AFTERNOON	EVENING
MONDAY	Dominoes	Hair Care	Hand Massaging
TUESDAY	Arts & Crafts	Floor Games	Movie night
WEDNESDAY	Walking	BINGO 	Group Sing-a-long
THURSDAY	Cold baking 	Reminiscence 	Card Games
FRIDAY	Musicals/music therapy	Meditation	Sensory bag
SATURDAY	Pampering: (Nail Care) 	Hair Care	Social Night
SUNDAY	Outside: bird feeding/Gardening etc	Board Games	Movie Night 

ABBEY COURT: ACTIVITY ROTA

WEEK FOUR	MORNING	AFTERNOON	EVENING
MONDAY	Quiz	Cold baking 	Hair care
TUESDAY	Card games	Group sing-a-long	Floor games
WEDNESDAY	Hand massaging	Board games	Tea party
THURSDAY	Sensory bag	Arts & Crafts	Dominoes
FRIDAY	Newspaper reading/TV Discussion 	Outside: bird feeding/Gardening etc	Reminiscence
SATURDAY	Pampering: (Nail Care) 	Hair Care	Social Night
SUNDAY	Musicals/music therapy	Bingo 	Movie Night 