



# **Central Park Nursing Home, Clonberne Village, Ballinasloe, Co Galway**



## *Structured Activities*

*Activity Co-ordinator-Ms Maria Murray*

## ***TUESDAY***

<b>10:00 am- 10:45am</b>	<b>Consultation with Residents on Current Events and News papers Tuesdays Dinner Menu and Wednesdays Menu Checklist</b>
<b>10:45 am – 11:30 am</b>	<b>Games, Arts and Crafts, Painting</b>
<b>11:30 am – 12:00 pm</b>	<b>Tea Break</b>
<b>12:00 pm – 1:00 pm</b>	<b>Ball Throwing and Upper body exercises</b>
<b>1:00 pm – 2:00 pm</b>	<b>Dinner Time Cognitive Therapy with Residents with Dementia -Use of Senses- Smell, Touch, Taste.</b>
<b>2:00 pm – 3:45 pm</b>	<b>Residents will watch Movie</b>
<b>2:00 pm – 3:45 pm</b>	<b>Residents with Dementia - Sonas Programme in the Memory Lane Sitting Room Music with Residents with Dementia</b>
<b>6:00 pm – 6:30 pm</b>	<b>Rosary</b>





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## **WEDNESDAY**

<b>10:00 am- 11:00am</b>	<b>Consultation with Residents on Current Events and News papers Wednesday's Dinner Menu and Thursday's Menu Checklist</b>
<b>11:00am – 01:00 pm</b>	<b>Christmas Mass and National School Choir Singing</b>
<b>01:00 pm – 02:00 pm</b>	<b>Residents with Dementia – finger food tasting.</b>
<b>02:00 pm – 03:45 pm</b>	<b>Flower Arranging – First Prize Awarded</b>
<b>06:00pm – 06:30 pm</b>	<b>Rosary</b>



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## **THURSDAY**

10:00 am- 10:45am	Consultation with Residents on Current Events and News papers Thursdays Dinner Menu and Fridays Menu Checklist
10:45 am – 11:30 am	Exercise, throwing balls, upper body exercises, light conversation, drinks.
11:30 am – 12:00 pm	Tea Break
12:00 pm – 1:00 pm	Walks through the grounds of the nursing home, weather permitting.
1:00 pm – 2:00 pm	Dinner Time Cognitive Therapy with Residents with Dementia -Use of Senses- Smell, Touch, Taste of foods.
2:00 pm – 3:45 pm	Sonas Programme
2:00 pm – 3:45 pm	Card Games, Sweets from shop Baking in the Memory Lane Kitchen Music with Residents with Dementia
6:00 pm – 6:30 pm	Rosary





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## **FRIDAY**

10:00 am- 10:45am	Consultation with Residents on Current Events and News papers Fridays Dinner Menu and Saturdays Menu Checklist
10:45 am – 11:30 am	Exercise, throwing balls, upper body exercises, Interaction with each other.
11:30 am – 12:00 pm	Tea Break
12:00 pm – 1:00 pm	Word Games, Chess, Board Games and Hand Massages
1:00 pm – 2:00 pm	Dinner Time Cognitive Therapy with Residents with Dementia -Use of Senses- Smell, Touch, Taste of foods.
2:00 pm – 3:45 pm	Sonas Programme – Textures Listening to Music
6:00 pm – 6:30 pm	Rosary





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## **SATURDAY**

<b>10:00 am- 10:45am</b>	<b>Consultation with Residents on Current Events and News papers</b> <b>Saturdays Dinner Menu and Sundays Menu Checklist</b>
<b>10:45am – 12:00 pm</b>	<b>Hair grooming and Nail painting</b>
<b>11:30 am – 12:00 pm</b>	<b>Tea Break</b>
<b>01:00 pm – 02:00 pm</b>	<b>Dinner Time</b>
<b>03:00pm – 04:00pm</b>	<b>Music by Paul Forde</b>
<b>04:00 pm – 05:30pm</b>	<b>Bingo</b>
<b>06:00pm – 06:30 pm</b>	<b>Rosary</b>
<b>07:30 pm</b>	<b>Mass in Clonberne Church</b>





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### ***SUNDAY***

<b>10:00 am- 10:45am</b>	<b>Consultation with Residents on Current Events and News papers Sundays Dinner Menu and Mondays Menu Checklist</b>
<b>11:30 am – 12:00 pm</b>	<b>Tea Break</b>
<b>01:00 pm – 02:00 pm</b>	<b>Dinner Time</b>
<b>02:00 pm – 04:00pm</b>	<b>Television</b>
<b>06:00pm – 06:30 pm</b>	<b>Rosary</b>





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### **MONDAY**

**10:00 am- 10:45am**

**Consultation with Residents on Current Events and News papers**

**Mondays Dinner Menu and Tuesdays Menu Checklist**

**10:45am – 11:30 pm**

**Meaningful Activities**

**11:30 am – 12:00 pm**

**Tea Break**

**12:00 pm – 01:00 pm**

**Hand Massage**

**1:00 pm – 2:00 pm**

**Dinner Time**

**Cognitive Therapy with Residents with Dementia -Use of Senses- Smell, Touch, Taste.**

**02:00 pm – 03:45 pm**

**Music for the residents with Dementia**

**Residents – Day Room Music and Television**

**03:00 pm – 03:45pm**

**Walks**

