



inspired Inspirations

Tiny Tablet Table Planner Residential Care

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Early AM	Cycling tour (using pedals) group or individual activity	Seated exercises via YouTube or Apps	Hand exercises via YouTube or Apps – ideal for those from bed	Full body exercises via YouTube or Apps	Seated exercises via YouTube or Apps	Breathing exercises via YouTube or Apps	Yoga for the elderly
Mid AM	Sensory room visits. Sensory activities for those who can't leave their rooms	Bedroom visits and 121 activities with those unable or not wanting to leave their rooms	Story time, listening to an audio book, Audible	Group reminiscence afternoon on Google Earth. Where did you work? Share & discuss	Quiz Morning, Who Wants to be a Millionaire, Trivial Pursuit.	Bedroom visits and 121 activities with those unable or not wanting to leave their rooms	Live Streaming Religious Services
Early PM	Bingo	Group reminiscence afternoon on Google Earth. Holiday locations & discuss	Creativity afternoon, painting by numbers, pottery app	Competition time, air hockey/ 4 in a row/ bowling championship	Group reminiscence afternoon on Google Earth. Where did you grow up? Share & discuss	Replay historic sport events. Favourite boxing/football/rugby/ tennis/cricket etc, highlights to play and ..	Streaming previous days sports at request
Evening	Comedy Night with comedians from the past	Movie night	Bedroom visits and 121 activities with those unable or not wanting to leave their rooms	Music evening, learn to play a new song via Perfect Piano	Casino night, Roulette apps etc	Sing – a – longs and dancing evening	Relaxation evening, Soothing Sounds and picture
Night Time	Any activities to calm or relax restless residents, or those who cant sleep, great for 121 time and story telling too.						
Additional activities to include	Video calling, personal learning/interests, 121 living room time, managing any challenging behaviour that may arise, board games, brain and memory training etc etc						

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