

WEEKLY NURSING LEAD ACTIVITY SCHEDULE

TIME	LOCATION	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	RESIDENT STATUS	WALKER OR WHEELCHAIR	BEDBOUND	WALKER OR WHEELCHAIR	BEDBOUND	WALKER OR WHEELCHAIR	BEDBOUND	WALKER OR WHEELCHAIR	BEDBOUND	WALKER OR WHEELCHAIR	BEDBOUND	WALKER OR WHEELCHAIR	BEDBOUND	WALKER OR WHEELCHAIR	BEDBOUND
2.00pm to 3.00pm	WARD 2	BALL GAMES, DEMENTIA BOARD/BLANKET,	PALM STRETCH, MUSIC THERAPY	COLORS/ DRAWINGS, DEMENTIA BOARD/BLANKET	ANKLE PLANTARFLEXION, DORSIFLEXION EXERCISE	ARTS/ CRAFTS, NEWSPAPER READING	ARM LIFT, LEG LIFT EXERCISE	HAND GAMES, BALL GAMES	PALM STRETCH /MUSIC THERAPY	MAJONG/BOARD GAMES	ANKLE PLANTARFLEXION, DORSIFLEXION EXERCISE	SORTING SHAPES,	ARM LIFT, LEG LIFT EXERCISE	COLORS/ DRAWINGS, DEMENTIA BOARD/BLANKET	PALM STRETCH, MUSIC THERAPY
	WARD 3	PUZZLE	MUSIC THERAPY (SING-A-LONG)	COLOURING	ANKLE PLANTARFLEXION, DORSIFLEXION EXERCISE	CARD MAKING	ARM LIFTING AND LEG LIFTING EXERCISE	BOARD GAMES	MUSIC THERAPY (SING-A-LONG)	DRAWING	HAND MASSAGE	BINGO	PALM STRECH EXERCISE	BALL GAMES	READING BOOKS
	WARD 4	PUZZLES	AROMA THERAPY– stimulation of the sense of smell by using fragrance or any perfume	COLOURING BOOKS	AUDIO THERAPY– stimulation of sense of hearing by listening to nature music	CARD MAKING	TACTILE THERAPY - involve having a resident use his or her fingers to feel textures ranging from soft to rough	BOARD GAMES	STRETCHING THERAPY - strengthen their arms and legs	BALL GAMES	BALL STRETCHING – stretching the ball using the strong side of the resident	WALKING (GARDEN)	HAND MASSAGE – relaxation for tension muscle of the resident	FOLDING LAUNDRY	READING COMPREHENSION – reading any book for the resident
	WARD 5	HAND GAMES	RANGE MOTION	PUZZLES GAMES	MUSIC THERAPY (SING-A-LONG)	DRAWIND ACTIVITIES	READING BOOKS	SNAKE AND LADDER	BALL MASSAGE	CARD GAMES	WATCHING MOVIES	COLOURING GAMES	BEFRIENDING CONVERSATION	BALL GAMES	HAND MASSAGE
	WARD 6	INDOOR BOARD GAMES	MUSIC THERAPY (SING-A-LONG)	COLOURING	SQUIZZING STRESS BALLS	PUZZLE SOLVING	THERAPEUTIC CONVERSATIONS (Befriending)	STROLL IN HEALING GARDEN	WATCHING MOVIES FROM TABLETS	BINGO	RANGE MOTION EXERCISE	SNAKE AND LADDERS	STORY TELLING / READING TO RESIDENTS	BOARD GAMES	WATCHING MOTIVATION CLIPS FROM TABLETS
5.00pm	RESIDENT DINNER														

ACTIVITIES MAY BE SUBJECT TO CHANGES WITHOUT NOTICE BY THE WARD NURSES