

**ACTIVITIES TIMETABLE WEEK BEGINNING: 17<sup>th</sup> October 2022**

**EVERY MORNING:**



**CUP OF TEA AND CHAT FOLLOWED BY READING**



**DAILY NEWSPAPERS AND GENERAL DISCUSSION ON NEWS AND EVENTS**

**MONDAY**

**11:00 AM DAILY SPARKLE NEWSLETTER**



*Daily Sparkle*

**14:00 EXERCISE CLASS / YOGA  
TO MUSIC**



**14:30 DOG THERAPY**

**Merlin the Labrador (Lighthouse and Harbour)**

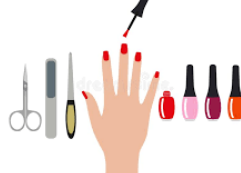


**TUESDAY**

**11:00 AM DAILY SPARKLE NEWSLETTER**



**14:00 FOREVER THERAPY**



**14:00 SOUND BATH/MUSIC WORKSHOP**

**14:30 PET THERAPY with Jasper (Waterfall)**



WEDNESDAY

11:00 AM DAILY SPARKLE NEWSLETTER



Daily Sparkle



14:00 LIVE MUSIC IN THE LOUNGE



THURSDAY

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle

14:00 EXTENDED GYM CLASS WITH JANET



**FRIDAY**

**11:00 AM DAILY SPARKLE NEWSLETTER**

**Daily Sparkle**

**14:00 EXERCISE CLASS**



**14:00 MUSIC**



**SATURDAY**

**11:00 AM DAILY SPARKLE NEWSLETTER**

**Daily Sparkle**



**NAIL CARE**



**MOVIE NIGHT WITH TREATS**

**SUNDAY**

**READING SUNDAY NEWSPAPERS AND RELAXING**

**11:00 SUNDAY MASS**



**14:00 LIVE MUSIC WITH HEDDA / SEAN**

