

**ACTIVITIES TIMETABLE WEEK BEGINNING: 26<sup>th</sup> September 2022**

**EVERY MORNING:**



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



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

**ACTIVITIES CO-ORDINATOR VISITS RESIDENTS IN THEIR ROOMS**

**MONDAY**

**11:00 AM DAILY SPARKLE NEWSLETTER**

*Daily Sparkle*

**14:00 DOG THERAPY**



**EXERCISE CLASS / YOGA**



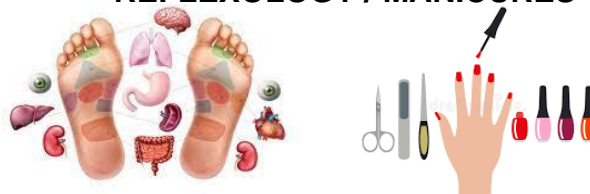
**TUESDAY**

**11:00 AM DAILY SPARKLE NEWSLETTER**

*Daily Sparkle*

**14:00 FOREVER THERAPIES**

**REFLEXOLOGY / MANICURES**



**SOUND BATH / MUSIC WORKSHOP**



**WEDNESDAY**

**11:00 AM DAILY SPARKLE NEWSLETTER**

**Daily Sparkle**

**14:00 LIVE MUSIC WITH JOHN**



**THURSDAY**

**11:00 DAILY SPARKLE NEWSLETTER**

**Daily Sparkle**

**14:00 EXTENDED GYM CLASS WITH JANET**

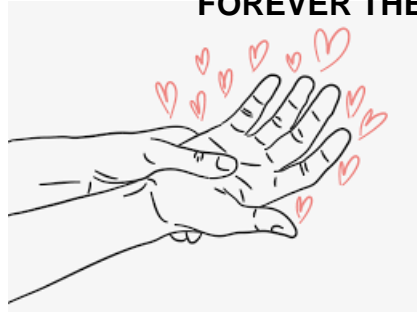


FRIDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

FOREVER THERAPIES



EXERCISE CLASS



SATURDAY



MORNING PRAYER, TEA, AND COFFEE



11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

14:00 BALL GAMES



MOVIE NIGHT WITH TREATS





**SUNDAY**

**MORNING PRAYER, TEA, AND COFFEE**



**READING SUNDAY NEWSPAPERS AND RELAXING**



**11:00AM SUNDAY MASS**



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

