

ACTIVITIES TIMETABLE WEEK BEGINNING: 3rd 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 MAGIC TABLE (OUTING) from 11th October

14:00 FOREVER THERAPIES (IN ROOMS)

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 FLOWER ARRANGING



14:00 EXTENDED GYM CLASS WITH JANET



FRIDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

14:00 FOREVER THERAPIES (REFLEXOLOGY / MANICURE)



14:00 EXERCISE CLASS



SATURDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle



14:00 NAIL CARE

18:00 MOVIE NIGHT WITH TREATS



SUNDAY

READING SUNDAY NEWSPAPERS AND RELAXING

11:00 SUNDAY MASS



14:00 LIVE MUSIC WITH HEDDA / SEAN

