

**ACTIVITIES TIMETABLE WEEK BEGINNING: 21<sup>st</sup> NOVEMBER 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 PRINT WORKSHOP – LEXICON LIBRARY**

**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 WITH JOHN



THURSDAY

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle

14:00 CRAFT WORKSHOP WITH ANNIE



14:00 EXTENDED GYM CLASS WITH JANET



**FRIDAY**

**11:00 AM DAILY SPARKLE NEWSLETTER**

*Daily Sparkle*

**14:00 LIVE MUSIC IN THE LOUNGE WITH JOHN**



**SATURDAY**

**11:00 AM DAILY SPARKLE NEWSLETTER**

*Daily Sparkle*

**13:30 MASS – HYMNS & PRAYERS WITH  
LEGION OF MARY**



**SUNDAY**

**READING SUNDAY NEWSPAPERS AND RELAXING**

**11:00 SUNDAY MASS**



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

