

ACTIVITIES TIMETABLE WEEK BEGINNING: 31st 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

13:00 CAKE DECORATING



14:00 EXERCISE CLASS WITH NIAMH

14:30 DOG THERAPY WITH

MERLIN THE LABRADOR (LIGHTHOUSE AND HARBOUR)

17:30 MOVIE NIGHT WITH TREATS!

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 W/ JASPER (WATERFALL)



WEDNESDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle



14:00 WATER COULOR PAINTING
WITH ACTIVITIES COORDINATOR



THURSDAY

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle



13:30 CRAFT WORKSHOP W/ ANNIE



14:00 EXTENDED GYM CLASS W/ JANET



FRIDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

15:00 SIEL BLUE EXERCISE CLASS



SATURDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

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



SUNDAY

READING SUNDAY NEWSPAPERS AND RELAXING

11:00 SUNDAY MASS



14:00 LIVE MUSIC WITH HEDDA / SEAN



