

ACTIVITIES TIMETABLE WEEK BEGINNING: 12th DECEMBER 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



14:30 DOG THERAPY

MERLIN THE LABRADOR (LIGHTHOUSE AND HARBOUR)



15:45 RESIDENTS CHRISTMAS CHOIR REHEARSALS



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 DOG THERAPY (JASPER)
WATERFALL**



15:00 CHRISTMAS MOVIE : HOME ALONE



WEDNESDAY

11:00 AM DAILY SPARKLE NEWSLETTER



Daily Sparkle



14:00 CHRISTMAS SINGALONG WITH JOHN



15:30 DECORATING CHRISTMAS COOKIES



THURSDAY

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle

14:00 EXTENDED GYM CLASS WITH JANET



PREPARING FOR BIG DAY TOMORROW

FRIDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

14:00 LIVE MUSIC IN THE LOUNGE WITH JOHN



**14:30 MASS FOLLOWED BY CHRISTMAS PARTY WITH
LIVE MUSIC, SANTA AND PRESENTS!!**



SATURDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

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



*Legion
of Mary*

15:00 CHRISTMAS MOVIE: IT'S A WONDERFUL LIFE WITH IRISH COFFEE



©DESIGNALIKE

SUNDAY

READING SUNDAY NEWSPAPERS AND RELAXING

11:00 SUNDAY MASS



14:00 FESTIVE SONGS WITH HEDDA / SEAN



15:45 RESIDENTS CHRISTMAS CHOIR REHEARSALS

