

ACTIVITIES TIMETABLE WEEK BEGINNING: 19th 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)



**15:00 RESIDENTS CHRISTMAS CHOIR AND
STAFF SING ALONG**



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**



15:15 REMINISCENCE OF CHRISTMAS PASSED

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

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



*Legion
of Mary*

16:00 CHRISTMAS EVE TREATS AND GAMES



SUNDAY

READING SUNDAY NEWSPAPERS AND RELAXING

11:00 SUNDAY MASS



14:00 FESTIVE SONGS WITH HEDDA / SEAN



CHRISTMAS DAY

