

ACTIVITIES TIMETABLE WEEK BEGINNING: 26th 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

To music



14:30 DOG THERAPY

Merlin the Labrador (Lighthouse and Harbour)

15:00 LISTENING TO LOVE SONGS (LOUNGE)



TUESDAY

11:00 AM DAILY SPARKLE NEWSLETTER



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
(WATERFALL & LIGHTHOUSE)



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
(IN HARBOUR AND WATERFALL)



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SATURDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

NEW YEAR'S EVE CELEBRATORY DRINKS!



SUNDAY

READING SUNDAY NEWSPAPERS AND RELAXING

11:00 SUNDAY MASS



14:00 LIVE MUSIC WITH HEDDA / SEAN



