

ACTIVITIES TIMETABLE WEEK BEGINNING: 5th 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 LIGHTING OF THE CHRISTMAS TREE WITH

MULLED WINE AND MINCE PIES



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 PET THERAPY with Jasper (Waterfall)



15:30 CHRISTMAS LOG MAKING (Harbour)



WEDNESDAY

11:00 AM DAILY SPARKLE NEWSLETTER



Daily Sparkle



14:00 CHRISTMAS SINGALONG WITH JOHN WITH MULLED WINNE



THURSDAY

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle

13:00 CHRISTMAS TABLETOP DECORATION CLASS 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



15:30 RESIDENTS CHRISTMAS CHOIR REHEARSALS



SATURDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

13:30 MASS – HYMNS & PRAYERS WITH

LEGION OF MARY



*Legion
of Mary*

15:30 RESIDENTS CHRISTMAS CHOIR REHEARSALS



SUNDAY

READING SUNDAY NEWSPAPERS AND RELAXING

11:00 SUNDAY MASS



14:00 FESTIVE SONGS WITH HEDDA / SEAN

