

ACTIVITIES TIMETABLE WEEK BEGINNING: 16th JANUARY 2023

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 LIGHTHOUSE WITH

BLU SIEL



14:30 EXERCISE CLASS WATERFALL WITH ZOE

TUESDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

14:00 DOG THERAPY



14:00 SOUND BATH LIGHTHOUSE



14:30 DOLL THERAPY

WEDNESDAY

11:00 AM DAILY SPARKLE NEWSLETTER



Daily Sparkle

13:30 LIVE MUSIC IN WATERFALL & LIGHTHOUSE



15:00 MOVIEAFTERNOON & TREATS



THURSDAY

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle

13:30 FLOWER ARRANGING WITH ANNIE



14:00 EXERCISE CLASS WATERFALL & LIGHTHOUSE WITH JANET



14:00 EXERCISE HARBOUR WITH ZOE



FRIDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

14:00 LIVE MUSIC IN THE LOUNGE



14:00 FOREVER THERAPIES

14:30 REMINISCING OF OLD TV ADS & PROGRAMS



SATURDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

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



15:30 ARTS & CRAFTS



SUNDAY

READING SUNDAY NEWSPAPERS AND RELAXING

11:00 SUNDAY MASS



14:00 LIVE MUSIC WITH HEDDA / SEAN

