

ACTIVITIES TIMETABLE WEEK BEGINNING: 23rd 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 DOLL THERAPY & SENSORY BOX



15:30 ARTS & CRAFTS

TUESDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle



14:00 DOG THERAPY

14:00 SOUND BATH AND FOREVER THERAPIES



SHELIA SMITH BIRTHDAY

WEDNESDAY

11:00 AM DAILY SPARKLE NEWSLETTER



Daily Sparkle

13:30 LIVE MUSIC IN WATERFALL & HARBOUR



15:00 MOVIE AFTERNOON & TREATS



THURSDAY

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle

13:30 FLOWER ARRANGING WITH ANNIE



14:00 EXERCISE CLASS



15:30 BINGO & GAMES



FRIDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

14:00 LIVE MUSIC LIGHTHOUSE



15:30 ARTS & CRAFTS



SATURDAY

11:00 AM DAILY SPARKLE NEWSLETTER

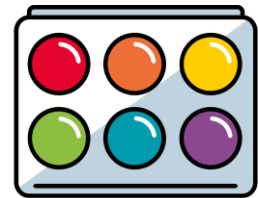
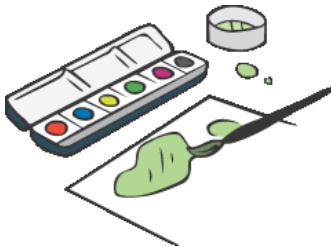
Daily Sparkle

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

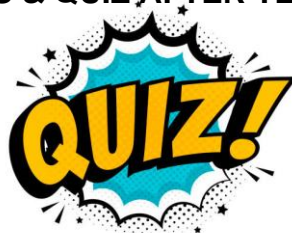


*Legion
of Mary*

15:00 WATER-COLOURING



DRINKS & QUIZ AFTER TEA-TIME



SUNDAY

READING SUNDAY NEWSPAPERS AND RELAXING

11:00 SUNDAY MASS



14:00 LIVE MUSIC WITH HEDDA / SEAN

