

ACTIVITIES TIMETABLE WEEK BEGINNING: 2nd 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



**15:30 BALL GAMES
(LIGHTHOUSE & HARBOUR)**

15:30 EXCERISE CLASS WITH ZOE



TUESDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

15:00 DORIS DAY'S GREATEST HITS (ALL FLOORS)



**18:30 PM MOVIE NIGHT – “ THE PROFESSIONALS
ON NETFLIX (ALL FLOORS)**



WEDNESDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle



14:00 LIVE MUSIC IN THE LOUNGE
(HARBOUR & WATERFALL)



14:30 ARTS AND CRAFTS
(LIGHTHOUSE)



THURSDAY

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle

14:00 FLOWER ARRANGING 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
(LIGHTHOUSE & WATERFALL)



14:30 ARTS & CRAFTS
(HARBOUR)

SATURDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

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



14:30 DOLL THERAPY & RUMMAGE SENSORY BOX
(ALL FLOORS)

SUNDAY

READING SUNDAY NEWSPAPERS AND RELAXING



11:00 SUNDAY MASS



14:00 LIVE MUSIC WITH HEDDA / SEAN

