

**ACTIVITIES TIMETABLE WEEK BEGINNING: 30<sup>th</sup> 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 WATERFALL WITH  
BLU SIEL**

**15:30 ARTS & CRAFTS**

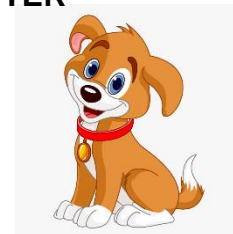


**TUESDAY**

**11:00 AM DAILY SPARKLE NEWSLETTER**

*Daily Sparkle*

**14:00 DOG THERAPY**



**14:00 SOUND BATH**



**14:30 DOLL THERAPY & SENSORY BOX**

WEDNESDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

13:30 LIVE MUSIC



15:00 MOVIE AFTERNOON & TREATS



THURSDAY

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle

13:30 FLOWER ARRANGING WITH ANNIE



14:00 EXERCISE CLASS



**FRIDAY**

**11:00 AM DAILY SPARKLE NEWSLETTER**

*Daily Sparkle*

**14:00 LIVE MUSIC**



**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*

**SUNDAY**

**READING SUNDAY NEWSPAPERS AND RELAXING**

**11:00 SUNDAY MASS**



**14:00 LIVE MUSIC WITH HEDDA / SEAN**

