

**ACTIVITIES TIMETABLE WEEK BEGINNING: 9<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**

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



**Crafts**



**15:30 ARTS & CRAFTS**

**TUESDAY**

**11:00 AM DAILY SPARKLE NEWSLETTER**

*Daily Sparkle*

**14:00 DOG THERAPY**



**14:00 SOUND BATH & FOREVER THERAPIES**

WEDNESDAY

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

14:00 LIVE MUSIC IN THE LOUNGE



15:30 BALL GAMES



MOVIE NIGHT AND TREATS



THURSDAY

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle

13:30 FLOWER ARRANGING WITH ANNIE



14:00 EXTENDED GYM CLASS WITH JANET



15:30 BINGO, GAMES, PUZZLES



**FRIDAY**

**11:00 AM DAILY SPARKLE NEWSLETTER**

*Daily Sparkle*

**14:00 LIVE MUSIC IN THE LOUNGE**



**15:30 ARTS & CRAFTS**



**SATURDAY**

**11:00 AM DAILY SPARKLE NEWSLETTER**

*Daily Sparkle*

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



**15:00 WINE & CHEESE AFTERNOON**



**SUNDAY**

**READING SUNDAY NEWSPAPERS AND RELAXING**

**11:00 SUNDAY MASS**



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

