

ACTIVITIES TIMETABLE WEEK BEGINNING: 27th FEBRUARY 2023

EVERY MORNING:



CUP OF TEA AND CHAT FOLLOWED BY READING



DAILY NEWSPAPERS AND GENERAL DISCUSSION ON NEWS AND EVENTS

MONDAY 27th of February



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

**14:00 EXERCISE CLASS WATERFALL WITH
BLU SIEL**



14:00 HARBOUR PARACHUTE GAMES

14:40 LIGHTHOUSE PARACHUTE GAMES

15:00 WATERFALL PARACHUTE GAMES



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TUESDAY 28th of February



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

13:30 MASSAGE THERAPY WITH PAULA

14:00 SOUND BATH WORKSHOP IN LIGHTHOUSE



14:00 DOG THERAPY



15:00 BALL GAMES

WEDNESDAY 1st of March



10:30 AM MASS ON RTE NEWS
11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

13:30 LIVE MUSIC HARBOUR
14:30 LIVE MUSIC LIGHTHOUSE



15:00 ARTS & CRAFTS



THURSDAY 2nd of March



10:30 AM MASS ON RTE NEWS
11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle

13:30 CRAFT WORKSHOP

EXERCISE WITH JANET
14:00 LIGHTHOUSE LOUNGE
14:30 HARBOUR LOUNGE



15:00 BINGO



FRIDAY 3rd of March



10:30 AM MASS ON RTE NEWS
11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle



14:00 LIVE MUSIC IN HARBOUR

14:40 LIVE MUSIC WATERFALL

15:00 MARBLE WATER PAINTING



SATURDAY 25th of February

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

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



14:00 REMINISCENCE DISCUSSIONS

15:00 SENSORY PLAY



SUNDAY 5th of March

READING SUNDAY NEWSPAPERS AND RELAXING

10:00 AM MASS ON RTE 1



11:00 DAILY SPARKLE

14:00 LIVE MUSIC WITH HEDDA / SEAN



14:00 LIGHTHOUSE LOUNGE

14:30 WATERFALL LOUNGE

15:00 HARBOUR LOUNGE

18:00 MOVIE & TREATS

