

ACTIVITIES TIMETABLE WEEK BEGINNING: 6<sup>th</sup> FEBRUARY 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



14:15 PARACHUTE GAMES WATERFALL

14:30 PARACHUTE GAMES HARBOUR

15:30 PARACHUTE GAMES LIGHTHOUSE



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TUESDAY

11:00 AM DAILY SPARKLE NEWSLETTER

*Daily Sparkle*



14:00 DOG THERAPY

14:00 FOREVER THERAPY

15:30 BINGO



WEDNESDAY

11:00 AM DAILY SPARKLE NEWSLETTER



Daily Sparkle

13:30 LIVE MUSIC LIGHTHOUSE

14:30 LIVE MUSIC WATERFALL



15:30 ARTS & CRAFTS



THURSDAY

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle

13:30 CRAFT WORKSHOP



14:30 WATERCOLOUR PAINTING



15:00 DOLL THERAPY



**FRIDAY**

**11:00 AM DAILY SPARKLE NEWSLETTER**

*Daily Sparkle*

**14:00 LIVE MUSIC IN HARBOUR**

**14:50 LIVE MUSIC WATERFALL**



**SATURDAY**

**11:00 AM DAILY SPARKLE NEWSLETTER**

*Daily Sparkle*

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



**14:15 SIX NATIONS RUGBY IRELAND VS FRANCE**



**16:45 SIX NATIONS RUGBY SCOTLAND VS WALES**



**SUNDAY**

**READING SUNDAY NEWSPAPERS AND RELAXING**

**11:00 SUNDAY MASS**



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



**15:00 SIX NATIONS RUGBY ENGLAND VS ITALY**

