

ACTIVITIES TIMETABLE WEEK BEGINNING: 13th MARCH 2023

EVERY MORNING:



CUP OF TEA AND CHAT FOLLOWED BY READING



DAILY NEWSPAPERS AND GENERAL DISCUSSION ON NEWS AND EVENTS

MONDAY 13th of March



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER



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



15:00 ARTS & CRAFTS



TUESDAY 14th of March



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER



14:00 SOUND BATH WORKSHOP IN LIGHTHOUSE



14:00 DOG THERAPY

14:00 MAGIC TABLE WORKSHOP LEXICON LIBRARY

15:00 ARTS & CRAFTS



WEDNESDAY 15th of March



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

Daily Sparkle

13:30 MASSAGE THERAPY WITH PAULA



13:30 LIVE MUSIC LIGHTHOUSE
14:30 LIVE MUSIC WATERFALL

13:30 BALL GAMES IN HARBOUR
14:30 BALL GAMES IN WATERFALL
15:30 BALL GAMES IN LIGHTHOUSE



THURSDAY 16th of March



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

Daily Sparkle

13:30 CRAFT WORKSHOP WITH ANNIE IN REMINISCENCE ROOM



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



FRIDAY 17th of March



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle



14:00 LIVE MUSIC IN LIGHTHOUSE

14:40 LIVE MUSIC WATERFALL



ST PATRICK'S DAY CELEBRATION'S

14:00 ST PATRICK'S DAY PARADE ON RTE W/ CAKES, TREATS, TEA & IRISH COFFEE

17:30 SING A LONG IRISH BALLADS WITH BAR TROLLEY

18:30 MOVIE NIGHT



SATURDAY 11th of March

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

13:30 MASS – HYMNS & PRAYERS WITH LEGION OF MARY IN LIGHTHOUSE DINING ROOM



SIX NATIONS RUGBY

12:30 ITALY VS SCOTLAND



14:45 WALES VS FRANCE



17:00 IRELAND VS ENGLAND



SUNDAY 12th of March

READING SUNDAY NEWSPAPERS AND RELAXING

10:00 AM MASS ON RTE 1



11:00 DAILY SPARKLE



**MOTHER'S DAY CELEBRATIONS AFTERNOON
TEA AND CAKES / PAMPER DAY**



LIVE MUSIC WITH HEDDA / SEAN



14:00 LIGHTHOUSE LOUNGE

14:30 WATERFALL LOUNGE

15:00 HARBOUR LOUNGE