

**ACTIVITIES TIMETABLE WEEK BEGINNING: 20<sup>th</sup> MARCH 2023**

**EVERY MORNING:**



**CUP OF TEA AND CHAT FOLLOWED BY READING**



**DAILY NEWSPAPERS AND GENERAL DISCUSSION ON NEWS AND EVENTS**

**MONDAY 20<sup>th</sup> of March**



**10:30 AM MASS ON RTE NEWS**

**11:00 AM DAILY SPARKLE NEWSLETTER**

*Daily Sparkle*



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



**14:00 PARACHUTE GAMES HARBOUR**

**14:40 PARACHUTE GAMES WATERFALL**

**15:30 PARACHUTE GAMES LIGHTHOUSE**



twinkl.com

**TUESDAY 21<sup>st</sup> of March**



**10:30 AM MASS ON RTE NEWS**

**11:00 AM DAILY SPARKLE NEWSLETTER**

*Daily Sparkle*



**14:00 SOUND BATH WORKSHOP IN LIGHTHOUSE**

**14:00 DOG THERAPY**

**14:00 DORRIS DAY DOCUMENTARY**

**15:30 ARTS & CRAFTS**



WEDNESDAY 22<sup>nd</sup> 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  
14:40 LIVE MUSIC WATERFALL

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



THURSDAY 23<sup>rd</sup> 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 24<sup>th</sup> 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

15:30 REMINISCENCE DISCUSSIONS

SATURDAY 11<sup>th</sup> of March

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

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



Legion  
of Mary

14:30 EASTER ARTS & CRAFTS



**SUNDAY 26<sup>th</sup> of March**

**READING SUNDAY NEWSPAPERS AND RELAXING**

**10:00 AM MASS ON RTE 1**



**11:00 DAILY SPARKLE**

**LIVE MUSIC WITH HEDDA / SEAN**



**14:00 LIGHTHOUSE LOUNGE**

**14:30 WATERFALL LOUNGE**

**15:00 HARBOUR LOUNGE**

**18:00 MOVIE NIGHT**

