

ACTIVITIES TIMETABLE WEEK BEGINNING: 6th MARCH 2023

EVERY MORNING:



CUP OF TEA AND CHAT FOLLOWED BY READING



DAILY NEWSPAPERS AND GENERAL DISCUSSION ON NEWS AND EVENTS

MONDAY 6th 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 HARBOUR PARACHUTE GAMES

14:40 WATERFALL PARACHUTE GAMES

15:00 LIGHTHOUSE PARACHUTE GAMES



twinkl.com

TUESDAY 7th of March



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



14:00 LIVE MUSIC WITH TOM BRADY IN HARBOUR



Crafts



15:00 ARTS & CRAFTS

WEDNESDAY 8th of March



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

Daily Sparkle

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



15:00 CRUFTS DOG SHOW ON MORE4



15:30 REMINISCECE DISCUSSION

THURSDAY 9th of March



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

Daily Sparkle

A13:30 CRAFT WORKSHOP



EXERCISE WITH JANET

14:00 LIGHTHOUSE LOUNGE

14:30 WATERFALL LOUNGE



15:00 CRUFTS DOG SHOW ON MORE4



15:30 BINGO



FRIDAY 10th 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

15:00 CRUFTS DOG SHOW ON MORE4



15:00 ST PATRICKS DAY CRAFTS



SATURDAY 11th of March

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

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



14:00 MOTHERS DAY CRAFTS

15:00 CRUFTS DOG SHOW ON MORE4



SIX NATIONS RUGBY
14:15 ITALY VS WALES



16:45 ENGLAND VS FRANCE



SUNDAY 12th 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

15:00 CRUFTS DOG SHOW ON MORE4



SIX NATIONS RUGBY



15:00 IRELAND VS SCOTLAND



18:00 MOVIE & TREATS

