

ACTIVITIES TIMETABLE WEEK BEGINNING: 24th APRIL 2023

EVERY MORNING:



CUP OF TEA AND CHAT FOLLOWED BY READING



DAILY NEWSPAPERS AND GENERAL DISCUSSION ON NEWS AND EVENTS

MONDAY 24th of April



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

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



14:00 BALL GAMES HARBOUR

14:30 BALL GAMES LIGHTHOUSE

15:30 BALL GAMES WATERFALL

TUESDAY 25th of April



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



14:30 SOUND BATH WORKSHOP IN LIGHTHOUSE

15:30 ARTS & CRAFTS



WEDNESDAY 26th of April



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 PARACHUTE GAMES IN HARBOUR
14:40 PARACHUTE GAMES IN WATERFALL
15:30 PARACHUTE GAMES IN LIGHTHOUSE

THURSDAY 27th of April



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 28th of April



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 29th of April

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

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



*Legion
of Mary*

SUNDAY 30th of April

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

