

ACTIVITIES TIMETABLE WEEK BEGINNING: 3rd APRIL 2023

EVERY MORNING:



CUP OF TEA AND CHAT FOLLOWED BY READING DAILY NEWSPAPERS AND GENERAL DISCUSSION ON NEWS AND EVENTS



MONDAY 3rd OF APRIL



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

14:00 EXERCISE CLASS WITH
SIEL BLEU IN HARBOUR



TUESDAY 4th OF APRIL



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

14:00 SOUND BATH WORKSHOP IN
LIGHTHOUSE

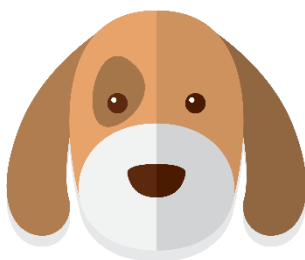
14:00 DOG THERAPY

BALL GAMES

13:30 HARBOUR LOUNGE

14:30 LIGHTHOUSE LOUNGE

15:30 WATERFALL LOUNGE



WEDNESDAY 5th OF APRIL



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

13:30 HAND MASSAGE THERAPY
WITH PAULA



LIVE MUSIC

13:30 LIGHTHOUSE LOUNGE

14:30 WATERFALL LOUNGE



15:30 REMINISCENCE DISCUSSIONS



THURSDAY 6th OF APRIL



10:30 AM MASS ON RTE NEWS

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle

11:00 GARDENING CLUB WITH ANNIE
IN ASHFORD GARDEN

13:30 ARTS & CRAFTS WORKSHOP
WITH ANNIE IN HARBOUR

EXERCISE WITH JANET

14:00 LIGHTHOUSE LOUNGE

14:30 WATERFALL LOUNGE



17:30 MOVIE NIGHT



FRIDAY 7TH OF APRIL

10:30 AM MASS ON RTE NEWS



11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

LIVE MUSIC

14:00 LIGHTHOUSE LOUNGE

14:40 WATERFALL LOUNGE

WITH THE TIPPLE TROLLEY AND
NIBBLES



SATURDAY 8TH OF APRIL

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

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



SUNDAY 9th OF APRIL

READING SUNDAY NEWSPAPERS AND RELAXING

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

10:00 AM EASTER MASS ON RTE 1

EASTER EGGS

LIVE MUSIC WITH HEDDA / SEAN

14:00 LIGHTHOUSE LOUNGE

14:30 WATERFALL LOUNGE

15:00 HARBOUR LOUNGE

