

ACTIVITIES TIMETABLE WEEK BEGINNING: 25TH SEPTEMBER 2023

EVERY MORNING:



CUP OF TEA AND CHAT FOLLOWED BY READING



DAILY NEWSPAPERS AND GENERAL DISCUSSION ON NEWS AND EVENTS

MONDAY 25/09/2023



10:30 AM MASS ON RTE NEWS

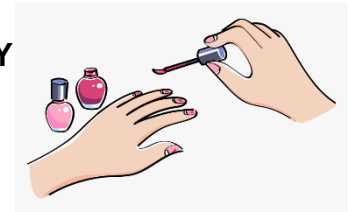
11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle



11:15 MANICURE OR MASSAGE MONDAY

**15:00 POETRY RECITAL
WITH CHEESE & WINE**



TUESDAY 26/09/2023



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

11:00 CHAIR YOGA



**15:00 MEDITATION
(RELAXATION EXERCISE)**



WEDNESDAY 27/09/2023



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

11:15 WATERPAINT / PUZZLES / CARD GAMES



14:00 PARACHUTE GAME

14:30 HANDS / LEGS MESSAGES WITH FOREVER THERAPIES



THURSDAY 28/09/2023



10:30 AM MASS ON RTE NEWS

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle

11:15 GARDENING AND

MEN'S SHED WITH ANNIE

14:00 ARTS AND CRAFTS WITH ANNIE

14:30 GYM CLASS WITH JANET



FRIDAY 29/09/2023



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

11:15 BALL GAMES

15:00 BINGO GAME



SATURDAY 30/09/2023



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

13:30 MASS – HYMNS & PRAYERS WITH
LEGION OF MARY (ALL SUITES)



18:15 STRICTLY COME DANCING ON BBC 1

SUNDAY 01/10/2023

READING SUNDAY NEWSPAPERS AND RELAXING

10:00 AM MASS ON RTE 1



10:30 HOLY COMMUNION



11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle



14:00 LIVE MUSIC WITH HEDDA / SEAN



18:15 STRICTLY COME DANCING ON BBC 1
RESULTS SHOW



