

ACTIVITIES TIMETABLE WEEK BEGINNING: 23rd OCTOBER 2023

EVERY MORNING:



CUP OF TEA AND CHAT FOLLOWED BY READING



DAILY NEWSPAPERS AND GENERAL DISCUSSION ON NEWS AND EVENTS

MONDAY 23/10/2023



10:30 AM MASS ON RTE NEWS

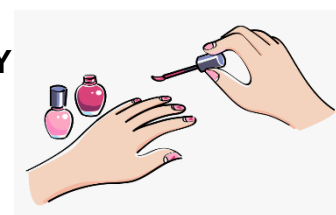
11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle



11:15 MANICURE OR MASSAGE MONDAY

**15:00 POETRY RECITAL
(LIGHTHOUSE DINING ROOM)**



TUESDAY 24/10/2023



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

11:00 CHAIR YOGA



**14:00 DOG THERAPY WITH JASPER
MEDITATION**

(RELAXATION EXERCISE)

14:30 HARBOUR LOUNGE

15:00 WATERFALL LOUNGE

15:30 LIGHTHOUSE LOUNGE



WEDNESDAY 25/10/2023



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

PUZZLES / CARD GAMES

11:15 AM HARBOUR

11:30 WATERFALL

13:30 LIGHTHOUSE

14:00 MASSAGE THERAPY WITH PAULA

PARACHUTE GAME

OR BALL GAMES

15:00 HARBOUR LOUNGE

15:30 WATERFALL LOUNGE

16:00 LIGHTHOUSE LOUNGE



THURSDAY 26/10/2023



10:30 AM MASS ON RTE NEWS

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle



11:15 CHOIR PRACTICE

14:30 HALLOWEEN PARTY!



FRIDAY 27/10/2023



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

PUZZLE OR CARD GAMES

11:15 HARBOUR LOUNGE

11:30 WATERFALL LOUNGE

13:30 LIGHTHOUSE LOUNGE

14:00 EXERCISES WITH BRIAN

(ALL FLOORS)

15:00 CHOIR

IN LIGHTHOUSE LOUNGE



SATURDAY 28/10/2023



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

Daily Sparkle

11:15 – PUZZLE / CARD GAMES

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

14:00 – BALL GAMES WITH STAFF



18:30 STRICTLY COME DANCING ON BBC 1

SUNDAY 29/10/2023

READING SUNDAY NEWSPAPERS AND RELAXING

10:30 AM MASS ON RTE NEWS



11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle

11:15 – PUZZLE / CARD GAMES

14:00 LIVE MUSIC WITH HEDDA

18:15 STRICTLY COME DANCING ON BBC 1
RESULTS SHOW



