

ACTIVITIES TIMETABLE WEEK BEGINNING: 2nd OCTOBER 2023

EVERY MORNING:



CUP OF TEA AND CHAT FOLLOWED BY READING



DAILY NEWSPAPERS AND GENERAL DISCUSSION ON NEWS AND EVENTS

MONDAY 02/10/2023



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



TUESDAY 03/10/2023



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle



11:00 CHAIR YOGA

15:00 MEDITATION

(RELAXATION EXERCISE)

13:00-16:00 WOOLLY FARM



WEDNESDAY 04/10/2023



10:30 AM MASS ON RTE NEWS
11:00 AM DAILY SPARKLE NEWSLETTER
11:15 PUZZLES / CARD GAMES

Daily Sparkle



14:00 PARACHUTE GAME
AND BALL GAMES
(13:00 -14:30 ALL SUITES)
LIVE MUSIC WITH JOHN



THURSDAY 05/10/2023



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

Daily Sparkle



11:15 MEN'S SHED WITH ANNIE



14:00 ARTS AND CRAFTS WITH ANNIE
14:00 GYM CLASS WITH JANET

FRIDAY 06/10/2023



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

Daily Sparkle



11:15 PUZZLE AND CARD GAMES

13:30 EXERCISES WITH BRIAN

15:00 BINGO GAME



SATURDAY 07/10/2023



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 08/10/2023

READING SUNDAY NEWSPAPERS AND RELAXING

10:00 AM MASS ON RTE 1



10:30 HOLY COMMUNION

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle



18:15 STRICTLY COME DANCING ON BBC 1
RESULTS SHOW



