

ACTIVITIES TIMETABLE WEEK BEGINNING: 18th DECEMBER 2023

EVERY MORNING:



CUP OF TEA AND CHAT FOLLOWED BY READING



DAILY NEWSPAPERS AND GENERAL DISCUSSION ON NEWS AND EVENTS

MONDAY 18/12/2023



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

MANICURE OR HAND MASSAGE MONDAY



11:00 Harbour Suite

11:30 Waterfall Suite

13:30 Lighthouse Suite

15:00 POETRY RECITAL CLUB

(LIGHTHOUSE DINNING ROOM – All Residents welcome)

18:30 CHRISTMAS MOVIE WITH

CHRISTMAS TREATS!



TUESDAY 19/12/2023



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

CHAIR YOGA

11:00 Harbour Suite

11:15 Waterfall Suite

11:30 Lighthouse Suite

MEDITATION (Relaxation Exercise)

14:30 Harbour Suite

15:00 Waterfall Suite

15:30 Lighthouse Suite



WEDNESDAY 20/12/2023



10:30 AM MASS ON RTE NEWS

Daily Sparkle

11:00 AM DAILY SPARKLE NEWSLETTER

11:15 DECORATING CHRISTMAS COOKIES

(Harbour Reminiscence room – All residents, welcome)

14:00 – 16:00 MASSAGE THERAPY WITH PAULA

LIVE MUSIC WITH CARA

14:00 HARBOUR SUITE

14:30 WATERFALL SUITE

15:00 LIGHTHOUSE SUITE



THURSDAY 21/12/2023



10:30 AM MASS ON RTE NEWS

Daily Sparkle

11:00 DAILY SPARKLE NEWSLETTER

11:00 CHRISTMAS ARTS AND CRAFTS

(HARBOUR REMINISCENCE ROOM -

ALL RESIDENTS ARE WELCOME)



BALL GAMES

14:00 WATERFALL LOUNGE

14:30 LIGHTHOUSE LOUNGE

(ALL WELCOME)



FRIDAY 22/12/2023



10:30 AM MASS ON RTE NEWS

11:00 DAILY SPARKLE NEWSLETTER

11:15 PUZZLES / CARD GAMES IN HARBOUR

11:30 IN WATERFALL

13:30 IN LIGHTHOUSE

STRETCHING WITH BRIAN

14:00 WATERFALL SUITE

14:30 LIGHTHOUSE SUITE

15:00 CHOIR IN LIGHTHOUSE DINING ROOM

(LIGHTHOUSE DINING ROOM – ALL RESIDENTS WELCOME)



SATURDAY 23/12/2023

10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER



Daily Sparkle

PUZZLE / CARD GAMES

11:15 HARBOUR LOUNGE

11:30 WATERFALL LOUNGE

13:30 LIGHTHOUSE LOUNGE



*Legion
of Mary*

BALL GAMES WITH STAFF

14:00 WATERFALL LOUNGE

14:30 LIGHTHOUSE LOUNGE

15:00 HARBOUR LOUNGE



SUNDAY 24/12/2023



READING SUNDAY NEWSPAPERS AND RELAXING

10:30 AM MASS ON RTE NEWS

11:00 DAILY SPARKLE NEWSLETTER

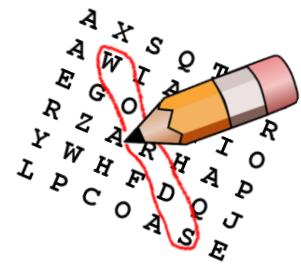
Daily Sparkle

11:15 PUZZLES / CARD GAMES

11:15 HARBOUR LOUNGE

11:30 WATERFALL LOUNGE

13:30 LIGHTHOUSE LOUNGE



BALL GAMES WITH STAFF

14:00 WATERFALL LOUNGE

14:30 LIGHTHOUSE LOUNGE

15:00 HARBOUR LOUNGE



