

ACTIVITIES TIMETABLE WEEK BEGINNING: 3RD FEBRUARY 2025

EVERY MORNING:



CUP OF TEA AND CHAT FOLLOWED BY READING



DAILY NEWSPAPERS AND GENERAL DISCUSSION ON NEWS AND EVENTS

MONDAY 03/02/2025

MIMOSA MONDAY!



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

MUSIC AND MOVEMENT

10:30 Harbour Suite

11:00 Waterfall Suite

11:30 Lighthouse Suite



CHAIR YOGA

14:00 Harbour Suite

14:30 Waterfall Suite

15:00 Lighthouse Suite



TUESDAY 04/02/2025

10:30 AM MASS ON RTE NEWS



11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

CHAIR YOGA

10:30 Harbour Suite

11:00 Waterfall Suite

11:30 Lighthouse Suite



14:00 DOG THERAPY

15:00 WOMEN'S CLUB



WEDNESDAY 05/02/2025

10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTERS

BALLOON EXERCISES

10:30 Harbour Suite

11:00 Waterfall Suite

11:30 Lighthouse Suite



MEDITATION

14:00 Harbour Suite

14:30 Waterfall Suite

15:00 Lighthouse Suite



15:00 THERAPEUTIC MASSAGE WITH ADRIANA

THURSDAY 06/02/2025

10:30 AM MASS ON RTE NEWS

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle

QUIZ MORNING

10:30 Harbour Suite

11:00 Waterfall Suite

11:30 Lighthouse Suite



GYM CLASS WITH JANET

14:00 Harbour Suite

14:30 Waterfall Suite



FRIDAY 07/02/2025

10:30 AM MASS ON RTE NEWS

11:00 DAILY SPARKLE NEWSLETTER

BOWLING

10:30 Harbour Suite

11:00 Waterfall Suite

11:30 Lighthouse Suite

CHOIR

14:00 Harbour Suite

14:30 Waterfall Suite

15:00 Lighthouse Suite

17:30 MOVIE NIGHT



SATURDAY 08/02/2025



10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

CARD GAMES AND PUZZLES WITH STAFF



10:30 Harbour Suite

11:00 Waterfall Suite

11:30 Lighthouse Suite

BALL GAMES WITH STAFF

14:00 Harbour Suite

14:30 Waterfall Suite

15:00 Lighthouse Suite



SUNDAY 09/02/2025



READING SUNDAY NEWSPAPERS AND RELAXING

HOLY COMMUNION

10:30 DAILY SPARKLE NEWSLETTER

Daily Sparkle

11:00 AM MASS ON RTE NEWS



CROSSWORDS AND WORDSEARCHES WITH STAFF

10:30 Harbour Suite

11:00 Waterfall Suite

11:30 Lighthouse Suite



LIVE MUSIC WITH SEAN

14:00 Harbour Suite

14:30 Waterfall Suite

15:00 Lighthouse Suite

