

ACTIVITIES TIMETABLE WEEK BEGINNING: 12th OCTOBER 2026



EVERY MORNING:

CUP OF TEA AND CHAT FOLLOWED BY READING



DAILY NEWSPAPERS AND GENERAL DISCUSSION ON NEWS AND EVENTS

MONDAY 12/10/2026

10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

CAKE DECORATING

10:30 Harbour Suite

11:00 Waterfall Suite

11:30 Lighthouse Suite



MEDITATION

14:30 Harbour Suite

15:00 Waterfall Suite

15:30 Lighthouse Suite



TUESDAY 13/10/2026

10:30 AM MASS RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

FLOWER ARRANGING

11:00 am Harbour Suite

11:00 am Waterfall Suite

11:00 am Lighthouse Suite



LIVE MUSIC WITH ANDNTE
IN HARBOUR DINING ROOM
ALL WELCOME!



WEDNESDAY 14/10/2026

10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTERS

Daily Sparkle



WORDSEARCH AND CROSSWORDS

10:30 Harbour Suite

11:00 Waterfall Suite

11:30 Lighthouse Suite

POETRY CLUB

14:30 Harbour Suite

15:00 Waterfall Suite

15:30 Lighthouse Suite



THURSDAY 15/10/2026

10:30 AM MASS ON RTE NEWS

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle



THERAPEUTIC COLOURING

10:30 Harbour Suite

11:00 Waterfall Suite

11:30 Lighthouse Suite



JANET'S GYM CLASS

14:00 Harbour Suite

14:45 Waterfall Suite

14:30 ADRIANNA HAND MASSAGE



FRIDAY 16/10/2026

10:30 AM MASS ON RTE NEWS

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle

BALLOON TENNIS

10:30 am Harbour Suite

11:00 am Waterfall Suite

11:30 am Lighthouse Suite



SING SONG

14:30 Harbour Suite

15:00 Waterfall Suite

15:30 Lighthouse Suite



DOG THERAPY WITH CIARA & WINNIE



SATURDAY 17/10/2026

10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

GAMES WITH STAFF

10:30 Harbour Suite

11:00 Waterfall Suite

11:30 Lighthouse Suite



13:30 LEGION OF MARY IN HARBOUR

BINGO

14:00 Harbour Suite

14:45 Waterfall Suite

15:30 Lighthouse Suite



18:15 STICTLY COME DANCING ON BBC1



SUNDAY 18/10/2026

10:30 DAILY SPARKLE NEWSLETTER

Daily Sparkle

11:00 AM MASS ON RTE NEWS

10:30 HOLY COMMUNION

THERAPEUTIC COLOURING

10:30 Harbour Suite

11:00 Waterfall Suite

11:30 Lighthouse Suite



MUSIC WITH SEAN

14:00 Harbour Suite

14:30 Waterfall Suite

15:00 Lighthouse Suite



***(THE SCHEDULED TIME AND ACTIVITIES MAY CHANGE ON THE DAY WITHOUT PRIOR NOTICE.
PLEASE CHECK WITH THE ACTIVITIES COORDINATOR/S FOR ANY CHANGES IN THE SCHEDULE.)**