

ACTIVITIES TIMETABLE WEEK BEGINNING: 19th OCTOBER 2026



EVERY MORNING:



CUP OF TEA AND CHAT FOLLOWED BY READING

DAILY NEWSPAPERS AND GENERAL DISCUSSION ON NEWS AND EVENTS

MONDAY 19/10/2026

10:30 AM MASS ON RTE NEWS



11:00 AM DAILY SPARKLE NEWSLETTER

Daily Sparkle

10 PIN BOWLING



10:30 Harbour Suite

11:00 Waterfall Suite

11:30 Lighthouse Suite

BALLOON TENNIS

14:30 Harbour Suite

15:00 Waterfall Suite

15:30 Lighthouse Suite



TUESDAY 20/10/2026

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

14:00 NAIL BAR IN HARBOUR

LIVE MUSIC WITH ANTO

14:30 Harbour Suite

15:00 Waterfall Suite

15:30 Lighthouse Suite



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WEDNESDAY 21/10/2026

10:30 AM MASS ON RTE NEWS

11:00 AM DAILY SPARKLE NEWSLETTERS

Daily Sparkle



WORDSEARCH & CROSSWORDS

10:00 Harbour Suite

10:30 Waterfall Suite

11:00 Lighthouse Suite

SING SONG

14:30 Harbour Suite

15:00 Waterfall Suite

15:30 Lighthouse Suite



THURSDAY 22/10/2026

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



14:00 NAIL BAR IN WATERFALL

JANET'S GYM CLASS

14:00 Harbour Suite

14:45 Waterfall Suite



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14:30 ADRIANNA HAND MASSAGE

FRIDAY 23/10/2026

10:30 AM MASS ON RTE NEWS

11:00 DAILY SPARKLE NEWSLETTER

Daily Sparkle

DUCK FISHING

10:30 am Harbour Suite

11:00 am Waterfall Suite

11:30 am Lighthouse Suite



MEDITATION

14:30 Harbour Suite

15:00 Waterfall Suite

15:30 Lighthouse Suite



DOG THERAPY WITH CIARA & WINNIE



15:30 PHILIP THE PIANO MAN IN WATERFALL

ALL ARE WELCOME!

SATURDAY 24/10/2026

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



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13:30 LEGION OF MARY IN HARBOUR



14:00 NAIL BAR IN LIGHTHOUSE

BINGO

14:00 Harbour Suite

14:45 Waterfall Suite

15:30 Lighthouse Suite



18:15 STICTLY COME DANCING ON BBC1

SUNDAY 25/10/2026

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 HEDDA

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.)**