



Activity Planner

Week 5	Morning	Afternoon	Evening
Monday	Out in the garden All day outing – Ratho barge trip	One-to-ones – as requested All day outing – Ratho barge trip	
Tuesday	One-to-ones – as requested Walk in the local area	Word puzzles Stimulate your senses	Knitting group
Wednesday	Discussion group Chair basketball	Memory game Movie matinée	One-to-ones – as requested
Thursday	Coffee morning Pamper session	Arts and crafts	
Friday	Pamper and relaxation Home baking	Mens group	
Saturday	Card games	Now and then picture book	
Sunday		PM bus with Kate	

Week 6	Morning	Afternoon	Evening
Monday	One-to-ones – as requested Find it puzzle	Brain teasers	
Tuesday	Garden club Walk in the local area	Table-top games Ladies group	
Wednesday	Games morning AM bus with Rhona	Matching pairs Cheese and wine afternoon	
Thursday	Pamper morning	Dominoes	
Friday	Word puzzles	Residents activity meeting	
Saturday	Pamper session	PM bus with Pam Card games and word puzzles	
Sunday		Cookery book St Nicholas church group visit	