



Fidra House
a Randolph Hill Nursing Home

Activity Planner

| Week 5 | Morning | Afternoon | Evening |
|-----------|---|---|---------|
| Monday | Quiz | Painting club Walking outing | Games |
| Tuesday | News, views and reviews – Harwick news with Bill Nichol Swimming | Bus outing | Games |
| Wednesday | Music and movement Plumbers puzzle | Gardening Afternoon tea and book reading | Games |
| Thursday | Craft club Exercises | Card games Walking outing | Games |
| Friday | Flower arranging Bus outing | Day centre | Games |
| Saturday | Glee club Afternoon tea outing to the Marine Hotel | Library visit | Games |
| Sunday | Church service | Food tasting | |

| Week 6 | Morning | Afternoon | Evening |
|-----------|---|--|---------|
| Monday | Nancy's birthday celebrations | Nancy's birthday tea dance | Games |
| Tuesday | News, views and reviews – Harwick news with Bill Nichol | Newsletter Ball games | Games |
| Wednesday | | Afternoon tea and book reading Bus outing | Games |
| Thursday | Exercises Glee club | Walking outing | Games |
| Friday | Music and movement | Day centre | |
| Saturday | Bus outing Afternoon tea | Newsletter | Games |
| Sunday | Anne's birthday celebrations Church service | Anne's birthday tea dance Newsletter | |