

Activity Planner

Week 5	Morning	Afternoon	Evening
Monday	Activity programme distribution	Dominoes Visit from mobile library	Bingo night
Tuesday	Hairdresser One-to-ones – as requested Ballroom volleyball	Pub outing	Board games
Wednesday	Scrabble Doreen's day out	Church service	Sing-song with drinks
Thursday	Hairdresser One-to-ones – as requested Flower arranging	Arts and crafts	Beetle drive
Friday	Games tournament	Ladies pampering afternoon	Quiz night
Saturday	One-to-ones – as requested Seated exercise	Movie afternoon on the big screen	Social evening
Sunday	One-to-ones – as requested Local outing	Beetle drive	Knitting bee

Week 6	Morning	Afternoon	Evening
Monday	Activity programme distribution	Dominoes with tea and cakes	Current affairs
Tuesday	One-to-ones – as requested Yoga class	Cake tasting competition day	Sing song with drinks
Wednesday	Games tournament	Musical bingo with tea and biscuits	Skittles
Thursday	Hairdresser One-to-ones – as requested Petal girls meeting	Arts and crafts	Beetle drive
Friday	One-to-ones – as requested Local outing	David Bowman concert	Scottish quiz with Irn Bru and shortbread
Saturday	Yoga class Sing-a-long	Bus outing Wine afternoon	Board games
Sunday	One-to-ones – as requested Scrabble	Movie afternoon	Social evening