



**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	