

# Activity Planner



	<b>Morning</b>	<b>Afternoon</b>
<b>Monday</b>	Individual Person – Centred Walking	Arts and Crafts Individual Visits
<b>Tuesday</b>	Gullane Parish Church Hall Coffee Morning	Pen Pals with Gullane Primary school Seated Keep Fit Zumba class
<b>Wednesday</b>	Bus Trip to North Berwick Individual Person – Centred Walking	Jigsaw Puzzles Individual Visits
<b>Thursday</b>	Seated Keep Fit Exercises	General Knowledge Quiz
<b>Friday</b>	Walking	Game of Dominoes
<b>Saturday</b>	Throw and Catch Games	Bus Trip to Dunbar Garden Centre
<b>Sunday</b>	New of The Week Muirfield Mobile Library	Individual Visits