

Activities Programme Monday 21st August 2023 – Sunday 27th August 2023

Monday 21 st	Tuesday 22 nd	Wednesday 23 rd	Thursday 24 th	Friday 25 th	Saturday 26 th	Sunday 27 th
 <p>Bus Trip to Belhaven By- Dunbar With Natalia <u>10:30am</u> At reception</p>	 <p>Basket Ball Hoops 10:45am With Tom In the Garden room</p>	 <p>Individual Visits & Life Story With Tom 10:45am</p>	 <p>CHAIR YOGA Seated Yoga Class With Natalia 10:45am Ground floor lounge</p>  <p>Walking in the Village With Tom 10:45am</p>	 <p>Seated Aerobic Class With Natalia 10:45am Ground Floor Lounge</p>  <p>Weekly Dominoes Competition With Tom 2:45pm In the Garden room</p>	 <p>Weekly Ladies tea Morning With Jordan 10:45am In the garden room or garden (Weather permitted)</p>	<p><u>Bus trip to Ratho For Trip on the Barge With Jordan & Alexis 10:30am At Reception</u></p>
 <p>Bus Trip to Redhouse For Afternoon tea With Natalia <u>2:30pm</u> At Reception</p>	 <p>Cool Creatures Visit us today! 2:50pm With Tom In the Garden room</p>	 <p>The Fringe at Muirfield Presents: Comedians Jojo Sutherland and Carey Marx Wednesday 23rd August 2-3pm</p>	 <p>Church Service CHURCH OF SCOTLAND With Natalia 2:45pm In the Garden room</p>	<p>MEN'S CLUB Weekly Men's Club With Tom 2:45pm Art Deco room 3rd floor</p>  <p>General Knowledge Quiz With Natalia 2:45pm garden room</p>	 <p>"HairSpray- Musical" On the Big Screen 2:45pm Garden room With Jordan</p>	<p>All Day Trip (Limited Space)</p> 