

5<sup>th</sup> February – 03<sup>rd</sup> March 2024 Activities Programme Individual activities will be provided for each resident to meet their needs and wishes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p data-bbox="210 256 248 284">5<sup>th</sup></p>  <p data-bbox="116 485 340 592"><b>Individual Visits with Emma Start 11am</b></p>  <p data-bbox="129 786 327 900"><b>Seated Zumba Class Garden Room 11:00am</b></p> <p data-bbox="116 927 340 954"><b>With Natalia &amp; Eilidh</b></p>  <p data-bbox="103 1123 353 1230"><b>Card Making Class Garden Room with Emma 2.45pm</b></p>	<p data-bbox="510 256 548 284">6<sup>th</sup></p>  <p data-bbox="439 587 622 687"><b>Individual Visit With Tom Start 11:00am</b></p>  <p data-bbox="405 1102 658 1246"><b>Armchair Travel to New Zealand with Tom Garden Room 2.45pm</b></p>	<p data-bbox="813 256 851 284">7<sup>th</sup></p>  <p data-bbox="730 448 936 592"><b>Tom's Juke Box Garden room 11am with Tom</b></p>  <p data-bbox="730 799 936 1023"><b>Sweetie Trolley With Natalia Everywhere Lounges &amp; Individually Start 2:45pm</b></p>  <p data-bbox="714 1206 954 1350"><b>Weekly Dominos with Tom &amp; Eilidh Garden Room 2.45pm</b></p>	<p data-bbox="1115 256 1153 284">8<sup>th</sup></p>  <p data-bbox="1010 560 1261 823"><b>Bus Trip to Archerfield Walled Garden With Natalia &amp; Eilidh 10:45am at Reception</b></p>  <p data-bbox="1025 1034 1245 1302"><b>Bus Trip to Queensferry With Natalia &amp; Eilidh ( Reschedule for previous programme)</b></p>	<p data-bbox="1417 256 1456 284">9<sup>th</sup></p>  <p data-bbox="1312 491 1554 600"><b>Local Ceilidh Band 10.45am with Natalia and Eilidh</b></p>  <p data-bbox="1301 842 1570 986"><b>Brazilian Carnival on the Big Screen Garden Room 10.45am with Emma</b></p>  <p data-bbox="1312 1225 1559 1334"><b>Hebe Piano Player 2.45pm Garden Room</b></p>	<p data-bbox="1720 256 1758 284">10<sup>th</sup></p>  <p data-bbox="1615 576 1861 687"><b>Individual Walking in the Village with Tom 10.45am</b></p>  <p data-bbox="1603 1054 1872 1206"><b>Art Class Painting Phases of the Moon with Tom Garden Room 2.45pm</b></p>	<p data-bbox="2022 256 2060 284">11<sup>th</sup></p>  <p data-bbox="1933 560 2145 695"><b>Basketball Hoops Garden room 11:00am With Tom</b></p>  <p data-bbox="1921 1054 2157 1246"><b>The Blind Side Movie On the Big Screen Garden Room 2.30pm with Tom</b></p>

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<p data-bbox="192 260 264 288"><b>12th</b></p>  <p data-bbox="103 475 358 608"><b>Seated Aerobic Class With Natalia 11:00am Garden room</b></p>  <p data-bbox="136 793 322 925"><b>Darts Game With Eilidh Art Deco Room Start 11:00am</b></p>  <p data-bbox="103 1173 358 1378"><b>Cheese &amp; Wine afternoon with Classical music With Natalia &amp; Eilidh Garden room 2:45pm</b></p>	<p data-bbox="499 260 571 288"><b>13<sup>th</sup></b></p>  <p data-bbox="400 523 658 695"><b>Morning at the Cherish Coffee Morning With Natalia &amp; Eilidh 11:00am</b></p>  <p data-bbox="400 1098 658 1270"><b>Shrove Tuesday Pancake making With Natalia &amp; Eilidh Start 2:15pm Garden room</b></p>	<p data-bbox="801 260 873 288"><b>14th</b></p>  <p data-bbox="701 450 967 549"><b>Bus Trip to New Hails House with Tom 10.30am at Reception</b></p>  <p data-bbox="710 705 954 837"><b>Seated zumba Class With Natalia Garden room 11:00am</b></p>  <p data-bbox="705 1008 958 1107"><b>Silhouettes Art Class with Tom Garden Room 2.45pm</b></p>  <p data-bbox="701 1227 963 1359"><b>Bus Trip to Dobbies Garden Centre With Natalia 2:15pm at Reception</b></p>	<p data-bbox="1104 260 1176 288"><b>15th</b></p>  <p data-bbox="1016 481 1254 544"><b>Life Story with Tom Individually 11am</b></p>  <p data-bbox="1016 810 1254 943"><b>Weekly Seated Yoga Class With Natalia 11:00am Garden room</b></p>  <p data-bbox="1003 1093 1267 1265"><b>The Church of Scotland Monthly Church Service Garden Room With Natalia &amp; Eilidh 2.45pm</b></p>	<p data-bbox="1406 260 1478 288"><b>16th</b></p>  <p data-bbox="1308 491 1563 624"><b>Local Ceilidh Band at the Village Hall With Eilidh 11:00am</b></p>  <p data-bbox="1317 965 1556 1177"><b>Movie Afternoon Movie to choose by Residents. With Eilidh Garden room 2:30pm</b></p>	<p data-bbox="1709 260 1780 288"><b>17th</b></p>  <p data-bbox="1599 619 1877 718"><b>Coffee at The Old Club House with Tom 10.45am</b></p>  <p data-bbox="1619 1168 1854 1267"><b>Bingo Game Garden Room with Tom 2.45pm</b></p>	<p data-bbox="2011 260 2083 288"><b>18th</b></p>  <p data-bbox="1921 603 2161 702"><b>Marbles Game Garden Room with Tom 10.45pm</b></p>  <p data-bbox="1906 1145 2175 1244"><b>Rock Painting Art Class with Tom Garden Room 2.45p</b></p>



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<p data-bbox="203 256 255 280">19<sup>th</sup></p>  <p data-bbox="103 485 356 580"><b>Individual Hand Massage with Emma from 10.45am</b></p>  <p data-bbox="143 823 327 954"><b>Skittles game With Eilidh Garden room 11:00am</b></p>  <p data-bbox="103 1209 356 1340"><b>Bookmark Making Class with Emma &amp; Eilidh Garden Room 2.45pm</b></p>	<p data-bbox="506 256 557 280">20<sup>th</sup></p>  <p data-bbox="398 555 665 651"><b>Bus Trip to Cockenzie House with Tom 10.30am at Reception</b></p>  <p data-bbox="405 1031 658 1161"><b>Bus Trip to Belhaven Bridge to Nowhere with Tom 2.30pm at Reception</b></p>	<p data-bbox="804 256 855 280">21<sup>st</sup></p>  <p data-bbox="698 499 965 595"><b>Walking in the Village Individually with Tom from 10.45am</b></p>  <p data-bbox="745 802 918 970"><b>Gentle Seated Exercises With Eilidh Garden room 11:00am</b></p>  <p data-bbox="703 1209 965 1313"><b>Weekly Dominos Garden Room with Tom &amp; Eilidh 2.45pm</b></p>	<p data-bbox="1106 256 1158 280">22<sup>nd</sup></p>  <p data-bbox="999 571 1265 659"><b>Golf Putting with Tom Garden Room 10.45am</b></p>  <p data-bbox="999 1038 1265 1126"><b>Watercolour Painting Class with Tom Garden Room 2.45pm</b></p>	<p data-bbox="1402 256 1453 280">23<sup>rd</sup></p>  <p data-bbox="1308 467 1561 595"><b>Local Ceilidh Band at the Village Hall With Emma 11:00am</b></p>  <p data-bbox="1308 802 1561 930"><b>Seated exercises With Tom Graden room 11:00am</b></p>  <p data-bbox="1301 1214 1563 1310"><b>Eddie Raven Singer with Emma &amp; Tom Garden Room 2.45pm</b></p>	<p data-bbox="1706 256 1758 280">24<sup>th</sup></p> <p data-bbox="1610 368 1863 496"><b>Preparation for Elliot Nicols game with Fidra this Afternoon Eilidh</b></p>  <p data-bbox="1610 751 1863 919"><b>Dominos Elliot Nicols Tournament Playing Fidra with Eilidh &amp; Carer to support 12:00pm</b></p>  <p data-bbox="1615 1166 1868 1294"><b>Afternoon Tea Party following by Dominoes With Eilidh</b></p>	<p data-bbox="2011 256 2063 280">25<sup>th</sup></p>  <p data-bbox="1928 576 2159 703"><b>1:1 Walking in the Garden With Eilidh Start 11:00am</b></p>  <p data-bbox="1906 1046 2181 1182"><b>Afternoon Movie Residents Choice Garden Room 2.30pm with Eilidh</b></p>

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<p data-bbox="197 256 255 284">26<sup>th</sup></p>  <p data-bbox="100 536 353 639">Seated Exercises Garden Room with Emma 10.45am</p>  <p data-bbox="105 971 349 1118">Dreamcatcher Making Class with Emma Garden Room 2.45pm</p>	<p data-bbox="501 256 560 284">27<sup>th</sup></p>  <p data-bbox="405 528 656 711">Tynninghame Café for morning coffee with Tom &amp; Eilidh 10.30am at Reception</p>  <p data-bbox="398 1094 663 1238">Bus Trip to Dunbar Harbour for Tea on the Bus with Tom &amp; Eilidh 2.30pm</p>	<p data-bbox="797 256 864 284">28<sup>th</sup></p>  <p data-bbox="703 461 958 560">Guess what's in the Box with Tom Art Deco room 10.45am</p>  <p data-bbox="734 708 927 839">Seated exercises With Eilidh Garden room 11:00am</p>  <p data-bbox="703 983 958 1070">Colouring for Mindfulness with Tom Garden Room 2.45pm</p>  <p data-bbox="723 1230 938 1334">Individual Visits With Eilidh Start 11:00am</p>	<p data-bbox="1102 256 1160 284">29<sup>th</sup></p>  <p data-bbox="996 485 1270 580">Bingo Game with Tom Garden Room 10.45am</p>  <p data-bbox="996 716 1270 855">Seated Yoga Class Ground floor lounge With Natalia Start 11:00am</p>  <p data-bbox="996 1038 1270 1110">Tom's Jukebox 2<sup>nd</sup> floor lounge 2.45pm</p>  <p data-bbox="1032 1270 1234 1390">Baking Class With Natalia &amp; Eilidh Start 2:45pm Garden room</p>	<p data-bbox="1413 256 1458 284">1<sup>st</sup></p>  <p data-bbox="1296 440 1570 560">Local Ceilidh Band at the Village Hall With Emma &amp; Tom 11:00am</p>  <p data-bbox="1301 767 1570 919">Alphabet Quiz on white board With Natalia &amp; Eilidh Garden room Start 11:00am</p>  <p data-bbox="1301 1150 1570 1318">We care, the way you care. Relatives &amp; Residents Meeting Garden room 4:30pm</p>	<p data-bbox="1704 256 1760 284">2<sup>nd</sup></p>  <p data-bbox="1630 620 1845 724">Individual Visits With Natalia Start 11:00am</p>  <p data-bbox="1615 1031 1861 1214">Weekly Dominoes Competition With Natalia Garden room 11:00am</p>	<p data-bbox="2011 256 2067 284">3<sup>rd</sup></p>  <p data-bbox="1899 600 2181 791">Church Service at Parish Church in Gullane with Natalia 9:15am at Reception</p>  <p data-bbox="1921 1062 2159 1206">Flower arranging With Natalia Garden room Start 2:45pm</p>

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