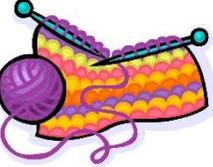


# ASHLEY COURT WEEKLY ACTIVITY PROGRAMME

Week Beginning 23rd March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
23 <sup>rd</sup> 10am	24 <sup>th</sup> 10am	25 <sup>th</sup> 10.30am	26 <sup>th</sup> 10.30am Bus Outing	27 <sup>th</sup> 10am	28 <sup>th</sup> 10am	29 <sup>th</sup> 10.30am
 Activity Programme Chat	 Coffee Chat	 Memory Lane	 Calton Hill	 Circulating	 Papers & Chat	 -TEA COFFEE- & Chat
11am	2.30pm	2.30pm	11am	11am	11am	11am
 Papers and Chat	 With Glenn And Marcin	 Shamrock Floor	 Dance Therapy With Clare	 Knitting Bee	 LOCAL WALKS	 Greenbank Parish Online/TV
2.30pm	6pm	6pm	2.30pm	2.30pm	2.30pm	2.30pm
 Dominoes Rose Dining Room	 FUN TIME Circulating	 Computer Fun with Marcin Thistle Floor	 Bus Outing Lauriston Farm	 BINGO Rose Dining Room	 Bowling Rose Dining Room	 MOVIE TIME Rose Dining Room

Subject to change at short notice. Please give any suggestions for Activities or outing you would like to see on the programme to the Activity Staff  
Activities-AC@Randolphhill.com

ASHLEY COURT WEEKLY ACTIVITY PROGRAMME

# Types of Vegetables

C	U	A	E	A	P	K	S	E	B	I	U	A	E
A	P	I	K	U	L	G	D	U	R	A	N	L	C
U	A	V	A	S	S	A	C	E	O	B	Z	S	A
L	R	C	L	K	W	E	H	E	C	A	U	B	R
I	R	N	C	E	H	G	E	U	C	U	C	E	R
F	U	I	P	E	C	A	E	R	O	O	C	E	O
L	T	K	G	L	A	B	E	A	L	T	H	T	T
O	A	P	I	P	N	B	D	D	I	A	I	B	U
W	B	M	N	E	I	A	E	I	L	T	N	B	R
E	A	U	G	N	P	C	W	S	G	O	I	I	N
R	G	P	E	A	S	U	S	H	G	P	E	R	I
O	A	A	R	P	B	C	E	L	E	R	Y	R	P
S	A	T	A	R	U	G	U	L	A	L	C	A	I
F	P	I	N	S	R	A	P	G	I	P	E	A	A

- CABBAGE
- RUTABAGA
- PARSNIP
- RADISH
- ARUGULA
- CASSAVA
- CELERY
- ZUCCHINI
- TURNIP
- PEA
- CARROT
- POTATO
- LEEK
- CAULIFLOWER
- BEET
- BROCCOLI
- PUMPKIN
- SPINACH
- GINGER
- SWEDE

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