

ROBERTSON NURSING HOME ACTIVITY PLANNER (SUBJECT TO CHANGE)

Nov 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK					1 st Poetry Claire & David	2 nd	3 rd
	4 th Charterhouse visit Zumba 2-3pm	5 th Art & crafts Hairdresser	6 th 10.30am Jo Jingles Seniorcise	7 th Art & craft Yoga	8 th Exercise to music	9 th	10 th
	11 th Reflexology Reminiscing coffee morning Charterhouse Visit	12 th Coffee morning Hairdresser	13 th Holy Communion Seniorcise	14 th Don & Dennis	15 th One to one chats around the rounds Stephen Morrish	16 th	17 th
	18 th Charterhouse visit	19 th Exercises Hairdresser	20 th Quiz time Seniorcise	21 st Hand & nail care Art & craft Yoga	22 nd	23 rd	24 th
	25 th Reflexology Charterhouse visit	26 th Hand & nail care Hairdresser	27 th Quiz time Seniorcise	28 th	29 th	30 th	