

# ROBERTSON NURSING HOME ACTIVITY PLANNER (SUBJECT TO CHANGE)

Jan 2020	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK			1 <sup>st</sup> Swing time 2.30pm	2 <sup>nd</sup> Reflexology  Zumba 2.30pm	3 <sup>rd</sup> Quiz time	4 <sup>th</sup>	5 <sup>th</sup>
	6 <sup>th</sup> The weekend round up	7 <sup>th</sup> Hand & nail care  Hairdressers	8 <sup>th</sup> Chiropody  Seniorcise	9 <sup>th</sup> Art & craft  Yoga	10 <sup>th</sup> Jo Jingles 10.30am  Burns night with Stephen Morrish	11 <sup>th</sup>	12 <sup>th</sup>
	13 <sup>th</sup> Poetry  Quiz time	14 <sup>th</sup> Hairdresser  May  Act & crafts	15 <sup>th</sup> Holy Communion  Seniorcise	16 <sup>th</sup> Reflexology  Guess the famous Don & Dennis	17 <sup>th</sup> Film afternoon with treats	18 <sup>th</sup>	19 <sup>th</sup>
	20 <sup>th</sup> What the papers say	21 <sup>st</sup> Flower arranging  Hairdresser	22 <sup>nd</sup> Seniorcise	23 <sup>rd</sup> Yoga  Art & craft	24 <sup>th</sup>	25 <sup>th</sup>	26 <sup>th</sup>
	27 <sup>th</sup> Haggis for burns night	28 <sup>th</sup> Coffee morning  Hairdresser	29 <sup>th</sup> Seniorcise	30 <sup>th</sup> Reflexology	31 <sup>st</sup>		