

# ROBERTSON NURSING HOME ACTIVITY PLANNER (SUBJECT TO CHANGE)

Fab 2020	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK						1 <sup>st</sup>	2nd
	3 <sup>rd</sup> What the papers say	4 <sup>th</sup> Poetry  Hairdresser	5 <sup>th</sup> Chiropody	6 <sup>th</sup> Art & craft  Yoga	7 <sup>th</sup> Hand massage  Valentines with Stephen Moorish	8 <sup>th</sup>	9th
	10 <sup>th</sup> Food testing  One to one chats	11 <sup>th</sup> Scrabble word game  Seniorcise	12 <sup>th</sup> Jo Jingles 10.30am	13 <sup>th</sup> Cooking morning  Reflexology	14 <sup>th</sup> Valentine's day love songs	15 <sup>th</sup>	16th
	17 <sup>th</sup> Hand Massage	18 <sup>th</sup> Flower arranging  Hairdresser	19 <sup>th</sup> Holy Communion  Seniorcise	20 <sup>th</sup> Art & craft  Yoga	21 <sup>st</sup> Reminiscing	22 <sup>nd</sup>	23rd
	24 <sup>th</sup> Cocktail afternoon	25 <sup>th</sup> Hairdresser May Art & craft	26 <sup>th</sup> Exercise to music  Seniorcise	27 <sup>th</sup> Reflexology	28 <sup>th</sup>	29th	