



Cramond

RESIDENCE



Sample Activities



Physiotherapists available Monday-Friday
Hairdresser available every Monday, Wednesday and Friday

Monday

Morning	Personal time with member of leisure team Group exercises
Afternoon	Barge outing to Ratho Scrabble, Bridge and other board games
Evening	Cheese & wine evening in the Conservatory

Tuesday

Morning	Personal time with member of leisure team Memory books/life story work
Afternoon	Trip to the countryside Afternoon tea and reminisce
Evening	Home baking

Wednesday

Morning	Seated exercise class
Afternoon	Trip to Baxter's Farm, Keltie Arts and crafts: Sponge painting art
Evening	Card games

Thursday

Morning	Individual passive and assisted exercises
Afternoon	Reflexology
Evening	Personal time

Friday

Morning Flower arranging for dining room tables
Walk to Cramond Village

Afternoon Pictures to share, picture postcards

Evening Reflexology

Saturday

Morning Saturday morning coffee and chat in the cafe

Afternoon Book exchange
Nail care

Evening Story telling session in the Conservatory

Sunday

Morning Sunday papers & discussion on news and current affairs
in the cafe

Afternoon Church service in the Function room

Evening Sherry and nibbles in the Conservatory

Our activities team will organise a wide range of optional social and leisure activities and outings around the local area. Residents can also enjoy their own personal time or hobbies, including visits to our physiotherapists, hairdressing and beauty salon or library.

This is a sample programme of daily activities in the Residence.

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