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Sample Activities
Programme
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Physiotherapists available Monday-Friday
Hairdresser available every Monday, Wednesday and Friday

MONDAY

Morning Personal time with member of lifestyle team
Group exercises

Afternoon Barge outing to Ratho
Scrabble, Bridge and other board games

Evening Cheese & wine evening in the Conservatory

TUESDAY

Morning Residents Council

Afternoon Trip to the countryside
Afternoon tea and reminisce

Evening Home baking

WEDNESDAY

Morning Balanced physiotherapy class

Afternoon Trip to Baxter's Farm, Kelty
Arts and crafts: Sponge painting art

Evening Card games

THURSDAY

Morning Armchair aerobics

Afternoon Reflexology & holistic therapy

Evening Creative Minds: Painting group

FRIDAY

Morning Flower arranging
Walk to Cramond Village

Afternoon Pictures to share, picture postcards

Evening Pet therapy with Toffee the dog

SATURDAY

Morning Coffee and chat in the Café

Afternoon Book club

Evening Get pampered! Nail care & hand massage

SUNDAY

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

Afternoon Church service in the Function room

Evening Movie night in the Cinema room

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. Actual programmes may differ.