



Activities

Monday 30th June

10:30am	Outing	Joyrides
3:00pm	Cinema Room (GF)	Wimbledon on the Big Screen
3:00pm	One to ones (SF)	One to One Meaningful Activity (CT)
3:00pm	One to ones (FF)	One to one meaningful activity (CT)
4:00pm	Sensory Room (FF)	One to one Sensory Session (CT)

Tuesday 1st July

10:30am	Physio Suite (Belford GF)	Physio Standing Class (By Appointment)
11:30am	Physio Suite (Belford GF)	Physio Sitting Class (By Appointment)
3:00pm	Games Room (SF)	Quiz Afternoon
3:00pm	Cluny Lounge (FF)	Dementia Friendly Balloon Tennis with Dawn
4:00pm	All Floors (GF) (FF) (SF)	One to one meaning activities (CT)

Wednesday 2nd July

Hairdresser

10:30am	Outing (£)	Hotel with 360 views of Edinburgh
11:00am	Cinema Room (GF)	Hugo the Harpist
3:00pm	Conservatory (GF)	Gardening Club
3:00pm	Ravelston Lounge (FF)	Dementia Friendly – Sensory home from home with Arnie

CT= Care Team



Thursday 3rd July

Hairdresser

10:30am	Physio Suite (Belford GF)	Physio Mobility Class (by appointment)
11:30am	Physio Suite (Belford GF)	Physio Seated Class (by appointment)
3:00pm	Games Room (SF)	Board Games
3:00pm	Ravelston Lounge (FF)	Dementia friendly – Board Games with Arnie
7:00pm	Cinema Room (GF)	Movie Night

Friday 4th July

11:00am	Cinema Room (GF)	Learn Sign Language
3:00pm	Cinema Room (GF)	Sing a Long
3:00pm	Greyfriars Lounge (GF)	Dementia Friendly Ping Pong balls game with Arnie
4:00pm	All Floors	One to One Meaningful Activity (CT)

Saturday 5th July

11:00am	Art Room (SF)	Painting Session
3:00pm	Cinema Room (GF)	Ballet on the Big Screen
3:00pm	All Floors (GF FF SF)	One to One Meaningful Activity (CT)
4:00pm	Sensory Room (FF)	One to One Sensory Session (CT)

Sunday 6th July

10:00am	Ravelston Lounge (FF)	Catholic Mass
10:00am	Drumsheugh Lounge (GF)	Cramond Kirk Service
11:00am	Salon (FF)	Spa Morning
3:00pm	Salon (SF)	Spa Afternoon
4:00pm	All Floors	One on one Spa session (CT)

CT= Care Team