





















Activity Plan – May 2019

<p><u>Monday 29th April</u> Jewellery Making Arts & Crafts</p> 	<p><u>Tuesday 30th April</u> Longniddry Inn Trip</p> 	<p><u>Thursday 2nd May</u> Walking Group</p> 	<p><u>Friday 3rd May</u> Garden Group Brain Training</p> 
<p><u>Monday 6th May</u> Longniddry Inn Trip Reminiscence group</p> 	<p><u>Tuesday 7th May</u> Walking Group Floor Games</p> 	<p><u>Thursday 9th May</u> Baking: Macaroons</p> 	<p><u>Friday 10th May</u> Physical Activity-Floor games</p> 
<p><u>Monday 13th May</u> Physical Activity-Floor games</p> 	<p><u>Tuesday 14th May</u> Book of Life Gardening</p> 	<p><u>Thursday 16th May</u> Walking Group Baking: Chocolate Cornflakes</p> 	<p><u>Friday 17th May</u> Brain Training</p> 
<p><u>Monday 20th May</u> Bookmarks Arts & Crafts</p> 	<p><u>Tuesday 21st May</u> Book of Life Walking group</p> 	<p><u>Thursday 23rd May</u> Jewellery making</p> 	<p><u>Friday 24th May</u> Physical Activity – Floor games</p> 
<p><u>Monday 27th May</u> Baking biscuits</p> 	<p><u>Tuesday 28th May</u> Longniddry Trip/ Decades Games</p> 	<p><u>Wednesday 30th May</u> Clay Modelling Longniddry Trip</p> 	<p><u>Friday 31st May</u> Garden Group Brain Training</p> 

****Gentle exercise will take place every morning at 11.30am**