









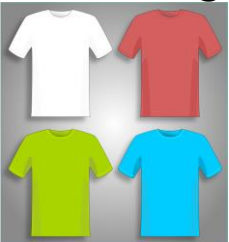




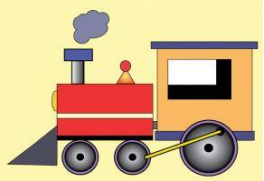








Activity Plan –October 2019

	<u>Tuesday 1st October</u> Botanic Gardens Trip, Mobile Making 	<u>Wednesday 2nd October</u> Hibs Stadium – Tea dance 	<u>Thursday 3rd October</u> Walking Group, Mobile Making 	<u>Friday 4th October</u> Cool Creatures 
<u>Monday 7th October</u> Joyrides Trip. Portraits of members 	<u>Tuesday 8th October</u> Autumn Mosaic Making. Walking group 	<u>Wednesday 9th October</u> Reminiscing 	<u>Thursday 10th October</u> Autumn Mosaic Making Botanic Trip 	<u>Friday 11th October</u> Portraits of members. Word Games 
<u>Monday 14th October</u>  Starting the conversations/ Reminiscing	<u>Tuesday 15th October</u>  Talking about Malnutrition. Healthy food tasting!	<u>Wednesday 16th October</u> T-Shirt Design 	<u>Thursday 17th October</u>  Storytellers Walking Group	<u>Friday 18th October</u>  Nutrition Quizzes
<u>Monday 21st October</u> Recycled Hanging Mobiles 	<u>Tuesday 22nd October</u> Portraits of members Walking Group 	<u>Wednesday 23rd October</u> Trip – Galasheils 	<u>Thursday 24th October</u> Halloween Biscuit decorating 	<u>Friday 25th October</u> Dooking What's in the Box 
<u>Monday 28th October</u> Recycled Hanging Mobiles 	<u>Tuesday 29th October</u> Chocolate Marshmallow ghosts. Ghost stories 	<u>Wednesday 30th October</u> Halloween Games 	<u>Thursday 31st October</u> Dooking/Games. Walking group 	<u>Friday 1st November</u> Lavender Bags 

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