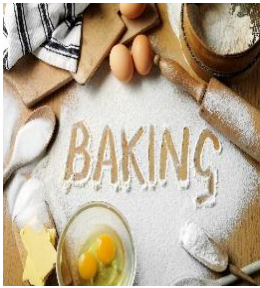


SOCIAL & LEISURE PROGRAMME **ARGYLL OCTOBER WEEK 4 2026**

	MONDAY 19th	TUESDAY 20th	WEDNESDAY 21st	THURSDAY 22nd	FRIDAY 23rd	SATURDAY 24th	SUNDAY 25th
AM	EXERCISE CLASS DINING ROOM WITH SUE & SOLVEIGA ARGYLL DINING HALL 10.30AM <hr/> DIANNE – OFFICE TIME	DEREK'S DERUMBA EXERCISE TO MUSIC CLASS ARGYLL DINING HALL WITH DEREK, DIANNE & LESLEY 10.30AM <hr/> EYES & EARS STAFF TRAINING SESSION (FOR STAFF ONLY) 9.30-11.30 CONSERVATORY (MICHAEL & ANNA)	BALANCE EXERCISE CLASS  ARGYLL DINING HALL WITH ANNA (Physio) & DIANNE 10.30AM	 ARGYLL DINING HALL WITH ANNA 10:30AM	EXERCISE CLASS ARGYLL DINING HALL WITH ANNA (PHYSIO) & VOLUNTEERS 10.30AM <hr/> AFTERNOON COUNTRYSIDE DRIVE WITH MICK AND MARGARET LEAVING 9.45AM (LIMITED SPACES)	NEWS OF THE WEEK  ARGYLL LEISURE HALL WITH TEBANY AND LESLEY 10.30AM <hr/> INDIVIDUAL VISITS - DIANNE	SONGS OF PRAISE SENSORY ROOM WITH TEBANY 10.30AM 
PM	INDIVIDUAL VISITS BUS TRIP 1.30PM – WITH IAN & EMMA – WHITMUIR FARM “JOY-CLUB” AN AFTERNOON OF TIMELESS TUNES WITH LISSA  ARGYLL DINING HALL WITH SOLVEIGA AND TEBANY 2.30PM <hr/> ‘DIANNE – OFFICE TIME	INDIVIDUAL VISITS SPECSAVERS OPEN DAY EVENT  13.30PM – 16.00PM Open Event for Residents and Relatives CONSERVATORY WITH MICHAEL <hr/> BRITISH AUTHORS CROSSWORD (OOMPH) – BALMORAL WEST LOUNGE WITH ANNA 2.30PM	INDIVIDUAL VISITS BAKING  ARGYLL DINING HALL WITH SOLVEIGA & DIANNE 2.30PM	INDIVIDUAL VISITS “CHILDHOOD REMINISCENCE” (OOMPH) (WORDSEARCH)  BALMORAL WEST LOUNGE WITH SOLVEIGA & ANNA 2.30PM	INDIVIDUAL VISITS BUS TRIP 1.30PM (BOTH FLOORS) WITH IAN & EMMA. THE LOFT, HADDINGTON <hr/> FRIDAY SING ALONG  WITH ANNA & LILY ARGYLL DINING HALL 2.30PM	INDIVIDUAL VISITS Afternoon Concert Event The Rolling Hills Chorus presents - Songs You Know, Harmonies You'll Love  Polwarth Parish Church, Edinburgh Saturday 24th October 2026, 2:30PM - 4:00PM (LTD. SPACES) WITH MICK, MICHAEL & LESLEY <hr/> THE STARS AND CONSTELLATIONS WEST LOUNGE WITH TEBANY AND DIANNE 2.30PM	INDIVIDUAL VISITS GREENBANK PARISH CHURCH AUTUMN SERVICE (LIVE STREAM) ARGYLL SENSORY ROOM  WITH TEBANY 2PM
	CLASSICAL MUSIC NIGHT “THE RITE OF SPRING” (BBC IPLAYER) ARGYLL SENSORY ROOM WITH SOLVEIGA 6.30PM	POETRY NIGHT  WITH ANNA, LESLEY & VOLUNTEERS BALMORAL WEST LOUNGE 6.30PM	DOCUMENTARY “WILDERNESS WITH SIMON REEVE”  EPISODE 3 BALMORAL WEST LOUNGE WITH SOLVEIGA 6.30PM <hr/> GENTLEMEN'S CLUB ARGYLL EAST LOUNGE WITH MICHAEL 6.30PM	MEMORY LANE : GOING TO THE CINEMA (REMINISCING ACTIVITY) (OOMPH)  ARGYLL SENSORY ROOM WITH ANNA 6.30PM	FRIDAY NIGHT IN SHORT STORIES/POETRY/MUSIC  SENSORY ROOM WITH ANNA & VOLUNTEERS 6.30PM	SATURDAY NIGHT IN  DRINKS, MUSIC, SNACKS AND CHATS ARGYLL SENSORY ROOM WITH TEBANY & LESLEY 6.30PM	DOMINOS NIGHT  BALMORAL DINING HALL WITH TEBANY AND LILY 6.30PM