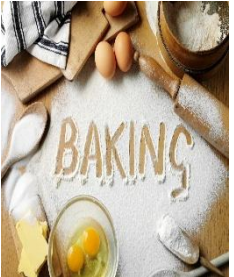


SOCIAL & LEISURE PROGRAMME **BALMORAL** OCTOBER WEEK 4 2026

	MONDAY 19TH	TUESDAY 20TH	WEDNESDAY 21ST	THURSDAY 22ND	FRIDAY 23RD	SATURDAY 24TH	SUNDAY 25TH
AM	EXERCISE CLASS DINING HALL WITH JULIE (PHYSIO) & TEBANY 10.30AM <hr/> DIANNE – OFFICE TIME	DEREK'S DERUMBA EXERCISE TO MUSIC CLASS ARGYLL DINING HALL (DOWNSTAIRS) WITH DEREK, DIANNE, & LESLEY 10.30AM	EXERCISE CLASS DINING ROOM WITH TARIQ & SOLVEGIA 10.30AM 	EXERCISE CLASS  DINING HALL WITH JULIE & SOLVEIGA 10:30AM	 GENERAL KNOWLEDGE ROUND WEST LOUNGE WITH LILY 10.30AM AFTERNOON COUNTRYSIDE DRIVE WITH MICK AND MARGARET LEAVING 9.45AM (LIMITED SPACES)	NEWS OF THE WEEK ARGYLL DINING HALL WITH TEBANY AND LESLEY 10.30AM  INDIVIDUAL VISITS - DIANNE	SONGS OF PRAISE WEST LOUNGE WITH LILY 10.30AM 
PM	INDIVIDUAL VISITS "JOY-CLUB" AN AFTERNOON OF TIMELESS TUNES WITH LISSA  ARGYLL DINING HALL WITH SOLVEIGA AND TEBANY 2.30PM DIANNE – OFFICE TIME	INDIVIDUAL VISITS BUS TRIP 1.30PM (BALMORAL) IAN, DIANNE & LESLEY SOUTRA COFFEE HOUSE SPECSAVERS OPEN DAY EVENT  13.30PM – 16.00PM Open Event for Residents and Relatives CONSERVATORY WITH MICHAEL BRITISH AUTHORS CROSSWORD – WEST LOUNGE WITH ANNA 2.30PM	INDIVIDUAL VISITS BAKING  ARGYLL DINING HALL WITH SOLVEIGA & DIANNE 2.30PM	INDIVIDUAL VISITS ----- "CHILDHOOD REMINISCENCE" (WORDSEARCH)  BALMORAL WEST LOUNGE WITH SOLVEIGA & ANNA 2.30PM	INDIVIDUAL VISITS BUS TRIP 1.30PM (BOTH FLOORS) WITH IAN AND EMMA THE LOFT, HADDINGTON 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, LEAVING 1:45PM CONCERT - 2:30PM - 4:00PM (LTD. SPACES) WITH MICK, MICHAEL & LESLEY THE STARS AND CONSTELLATIONS WEST LOUNGE WITH TEBANY & LESLEY 2.30PM	INDIVIDUAL VISITS GREENBANK PARISH CHURCH AUTUMN SERVICE (LIVE STREAM) GREENBANK PARISH ARGYLL SENSORY ROOM  WEST LOUNGE WITH LILY 2PM
	CLASSICAL MUSIC NIGHT "THE RITE OF SPRING"  (BBC IPLAYER) BALMORAL WEST LOUNGE WITH TEBANY 6.30PM	POETRY NIGHT  BALMORAL WEST LOUNGE WITH ANNA, LESLEY & VOLUNTEERS 6.30PM	DOCUMENTARY "WILDERNESS WITH SIMON REEVE" EPISODE 3 : BALMORAL WEST LOUNGE WITH SOLVEIGA 6.30PM GENTLEMEN'S CLUB ARGYLL EAST LOUNGE WITH MICHAEL 6.30PM	COMEDY NIGHT SERIES 4 : STILL GAME "WIRELESS" & "DIAL A BUS"  BALMORAL WEST LOUNGE WITH SOLVEIGA 6.30PM	FRIDAY NIGHT IN SHORT STORIES/POETRY NIGHT  DRINKS, SNACKS & CHATS BALMORAL WEST LOUNGE WITH LILY & VOLUNTEERS 6.30PM	SATURDAY NIGHT IN  DRINKS, MUSIC, SNACKS AND CHATS BALMORAL WEST LOUNGE WITH TEBANY & LESLEY 6.30PM	DOMINOS NIGHT  BALMORAL DINING HALL WITH LILY AND TEBANY 6.30PM