

DAILY LIVING - ENJOY A MEANINGFUL AND FULFILLING LIFE

Living at Ambleside Nursing Home is all about continuing to enjoy hobbies and interests, making new always with themed activities, happy memories.



connections, and even trying new experiences – support from our caring team. Reminiscence- from music sessions to baking, help to spark

A SELECTION OF OUR ACTIVITIES

MONDAY

Daily Sparkle start the week with the "Daily Sparkle" session. This activity involves reading and discussing nostalgic stories, trivia, and puzzles that spark memories and conversations among residents. It's a wonderful way to stimulate the mind and share joyful memories.

TUESDAY

Tovertafel Table On Tuesdays, we bring out the Tovertafel Table, an interactive tool designed to engage residents in playful and therapeutic activities. The Tovertafel projects games and activities onto a table, encouraging physical movement and social interaction in a fun and innovative way.



WEDNESDAY

Bingo Wednesday is Bingo day! Residents gather for a lively game of Bingo, complete with prizes for the winners. It's a fantastic opportunity for everyone to come together, enjoy some friendly competition, and have a lot of fun.

THURSDAY

Nail Pampering Day Treat yourself on Thursday with Nail Pampering Day. Residents get the chance to have their nails done, with options for manicures, nail painting, and hand massages. It's a relaxing and enjoyable way to feel pampered and cared for.



FRIDAY

Art and Craft Fridays are dedicated to creativity with Art and Craft sessions. Residents can participate in various art projects, from painting and drawing to making crafts. It's a great way to express creativity and create something beautiful.

SATURDAY

Sing-Along and Movie Saturday is filled with entertainment, starting with a Sing-Along session where residents can sing their favourite songs together. Later, enjoy a movie screening with snacks. It's a perfect mix of music and cinema to keep the spirits high.



SUNDAY

Roast Dinner and Card Play End the week with a hearty Roast Dinner on Sunday, followed by card games. Residents and staff gather for a delicious meal, creating a family-like atmosphere. Afterwards, enjoy some classic card games, fostering a sense of togetherness and friendly competition.