

ONE-TO-ONE ACTIVITIES

Our daily one-to-one activity to include:

- Mindfulness walks
- Musical explorations
- Letter writing
- Jigsaw and puzzles
- Gardening
- Cooking
- Photography
- Exercise sessions, including yoga and Pilates.

Please speak to the Life Enrichment and Wellbeing Team to book these activities or discuss this with a member of the Care Team.

Additionally, please do not hesitate to let us know if there is an experience you would like that is not reflected on our activity schedule.

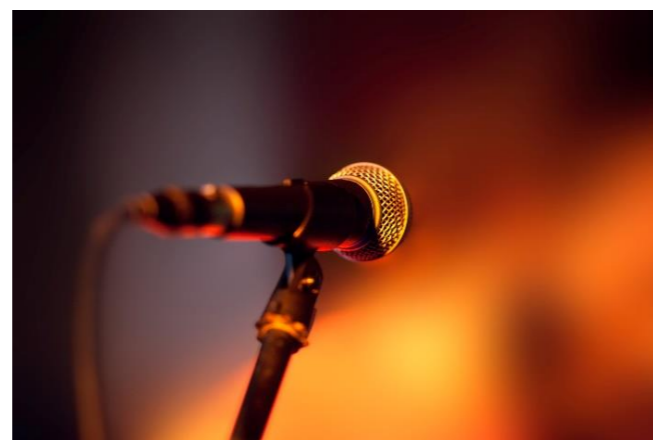
ACTIVITIES TO MAKE NOTE OF: FLOWER ARRANGING

The wonderful florists of Buds of Bickley join us for a flower arranging workshop on Tuesday 8th August at 2pm. Join us in the Studio to refresh your flower arranging skills and have a new arrangement to keep.



UPCOMING EVENT: ANDY MACE PERFORMANCE

We welcome back KYN BICKLEY favourite Andy Mace for another one of his performances. Join us on Monday 7th August at 2pm for the performance followed by a Cocktail and Mocktail tasting session by our very own Jay.



KYN

BICKLEY

*Activity and Wellbeing
Weekly Programme*

WEEKLY PROGRAMME

07.08.23 – 13.08.23

We are passionate about enriching the lives, minds, and bodies of our residents, offering a wealth of opportunities to create, watch, listen and enjoy. We do this through a carefully handpicked selection of five daily life enriching activities encompassing the mind, body, and soul.

MONDAY

- 11:00** **Welcome to the Week** (mind, soul)
Where: Eden Room
Start the week with a discussion about the upcoming activities.
- 12:00** **Movement From Your Chair** (body)
Where: Terrace Lounge
Practise some seated movements to improve strength and flexibility.
- 13:00** **Enjoy Lunch With...** (body, mind, soul)
Where: Great Room
Join residents of KYN BICKLEY for lunch for conversation and wonderful food.
- 14:00** **Andy Mace Performance** (soul)
Where: Great Room
We welcome back KYN favourite Andy Mace for some of your favourite familiar songs.
- 15:30** **Cocktail and Mocktail Tasting** (soul)
Where: Great Room
Enjoy some of your favourite cocktails and mocktails made by KYN bartender, Jay.

FRIDAY

- 11:00** **Gardening in the KYN Gardens** (soul)
Where: KYN Gardens
Whether you're an experienced gardener or a beginner, enjoy tending to our raised planters.
- 12:00** **Photography Class** (soul)
Where: KYN Gardens
Join us in the KYN Gardens as we practise nature photography.
- 13:00** **Enjoy Lunch With...** (body, mind, soul)
Where: Great Room
Join residents of KYN BICKLEY for lunch for conversation and wonderful food.
- 14:00** **Sensory Reminiscence** (soul)
Where: Terrace Lounge
Reminisce on some of the well-known and loved home and garden smells.
- 16:00** **KYTH Spa Session** (soul)
Where: KYTH Spa
Our spa therapist will be welcoming residents who would like a spa treatment and chat together.

TUESDAY

- 11:00** **Exercise Class with Martin** (body)
Where: Terrace
Join us in the gardens to practise some familiar exercises and sports.
- 12:00** **Singing For Your Brain** (soul)
Where: Terrace Lounge
Follow some fun vocal exercises to well-known songs to help improve brain activity and wellbeing.
- 13:00** **Enjoy Lunch With...** (body, mind, soul)
Where: Great Room
Join residents of KYN BICKLEY for lunch for conversation and wonderful food.
- 14:00** **Flower Arranging** (mind, soul)
Where: Studio
We welcome back Buds of Bickley for another of their wonderful flower arranging workshops.
- 16:00** **Current Affairs Club** (mind)
Where: Eden Room
In our sessions, we discuss current affairs and share our thoughts on the matters.

SATURDAY

- 11:00** **Saturday Morning Walks** (body, soul)
Where: KYN Gardens
Welcome the weekend with a stroll around the local community or KYN Gardens.
- 12:00** **Card Games** (mind)
Where: Eden Room
Join us as we play some favourite classic card games, including rummy and blackjack.
- 13:00** **Enjoy Lunch With...** (body, mind, soul)
Where: Great Room
Join residents of KYN BICKLEY for lunch for conversation and wonderful food.
- 14:00** **My Life Story Reminiscence** (soul)
Where: Terrace Lounge
Bring your My Life folders and reminisce on memories whilst exploring new goals.
- 16:00** **Yoga** (body, soul)
Where: Terrace Lounge
Practise some gentle stretches and relax your mind in our yoga class.

WEDNESDAY

- 11:00** **Gardening Class** (body, mind, soul)
Where: KYN Gardens
Show your green thumb in our gardening class caring plants for National Allotment Week.
- 12:00** **Piano Performance by Tally** (soul)
Where: Great Room
Enjoy a drink and conversation in the Great Room to the beautiful sound of the piano.
- 13:00** **Enjoy Lunch With...** (body, mind, soul)
Where: Great Room
Join residents of KYN BICKLEY for lunch for conversation and wonderful food.
- 14:00** **Atlas the Dog** (soul)
Where: Eden Room
We welcome back Atlas the therapy dog for some strokes and treats.
- 16:00** **Opera Appreciation Society** (mind, soul)
Where: Cinema
Join us as we enjoy a documentary on the American tenor, Mario Lanza.

SUNDAY

- 11:00** **St James' Church Mass Livestream** (soul)
Where: Terrace Lounge
Using the Tiny Tablet, join St James' Church mass service through their online livestream.
- 12:00** **Explore the KYN Gardens** (body, soul)
Where: KYN Gardens
Enjoy a stroll around the KYN gardens to get in touch with nature.
- 13:00** **Enjoy Lunch With...** (body, mind, soul)
Where: Great Room
Join residents of KYN BICKLEY for lunch for conversation and wonderful food.
- 14:00** **Tea and Talk** (body, soul)
Where: Eden Room
Get to know other KYN BICKLEY residents over tea with conversation topics to hand.
- 16:00** **What the Papers Say** (mind, soul)
Where: Eden Room
Discuss the Sunday papers in the Eden Room with others and share your thoughts on today's events.

THURSDAY

- 11:00** **Movement and Music Class with Sara** (body)
Where: Terrace Lounge
We are joined by Sara who takes us through movements to music.
- 12:00** **Exercise Your Brain** (mind)
Where: Terrace Lounge
Practise a range of mentally stimulating activities, such as jigsaws and brain teasers.
- 13:00** **Enjoy Lunch With...** (body, mind, soul)
Where: Great Room
Join residents of KYN BICKLEY for lunch for conversation and wonderful food.
- 14:00** **Still Life Art Class** (mind, soul)
Where: Studio
Whether your medium is pencils or paint, join us as we use the flower arrangements as inspiration.
- 16:00** **Quiz – True or False** (mind)
Where: Terrace Lounge
Test your knowledge of some general knowledge with our true or false quiz.