



ALEXANDER COURT
RESIDENTIAL CARE HOME

A SAMPLE 7-DAY ACTIVITIES SCHEDULE

Enriching life, mind, body and soul — every day at Alexander Court

We believe life in our homes should nourish more than the body — it's about stimulating the mind, lifting the spirit, and celebrating who each person is.

Every month brings a fresh mix of personalised, one-to-one and group activities spanning creative arts, music, movement and social occasions. We take the time to get to know each resident's story — what brings them joy, and what doesn't — so activities feel personal, not prescribed. Through outings, community connections and everyday moments of company, we help residents stay engaged, both in their own space and at the heart of home life together.

A SAMPLE WEEK

A flavour of daily life at Alexander Court — every week brings music, movement, crafts, and time together, tailored to what our residents love most.

DAY	MORNING	AFTERNOON
Monday	Birthday Celebrations & Party Time	Let's Play Cornhole!
Tuesday	Chair Exercises	Live Entertainment with Singer Chris
Wednesday	Ladies' Day Out	Balloon Volleyball
Thursday	Arts & Crafts	Live Music with the Melody Maker Singers
Friday	Higher/Lower Card Games	Sing-Along & Dance to the Greatest Hits
Saturday	Self-Care & Relaxation Morning	Board Games Afternoon
Sunday	Let's Play Bowling	Sunday Movie Afternoon

Our full activities calendar changes monthly and always includes one-to-one time and quiet relaxation, alongside our weekly Forget Me Not Café, every Friday from 11am to 12noon.

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