

Sample Activity Planner

Mon	Tue	Wed	Thur	Fri	Sat	Sun
<ul style="list-style-type: none"> ● Garden Meditation Group ● Carpet Boules Tournament ● Poetry Club 	<ul style="list-style-type: none"> ● Baking Club - Sausage Rolls ● Remote Control Car Racing 	<ul style="list-style-type: none"> ● Gentleman's Club ● Music Group ● Library Trolley 	<ul style="list-style-type: none"> ● Knit and Natter Group ● Live Musical Entertainment ● Prize Bingo 	<ul style="list-style-type: none"> ● Craft and Create - Still Life Drawing ● Play Your Cards Right 	<ul style="list-style-type: none"> ● Scenic Drive ● My Life in Music ● Seated Exercise 	<ul style="list-style-type: none"> ● Prayer Group ● Parachute and Target Games ● The Big Quiz Afternoon

Mon	Tue	Wed	Thur	Fri	Sat	Sun
<ul style="list-style-type: none"> ● Beer Garden - Pub Afternoon ● Exercise Drumming Circle ● Craft and Create - Scrap Book Making 	<ul style="list-style-type: none"> ● Cinema Experience - Star Wars ● Laughter Yoga ● Afternoon Tea Dance 	<ul style="list-style-type: none"> ● Mexican Dancing ● Gardening Club ● Themed Snack Trolley 	<ul style="list-style-type: none"> ● Virtual Avery Voice Choir with Sister Home ● Cheese and Wine Tasting ● Woodwork Group 	<ul style="list-style-type: none"> ● Well-being Walk ● Armchair Travel Hour Experience ● Drama Group 	<ul style="list-style-type: none"> ● Current Affairs Discussion Group ● Bowling and Quoits in the Garden 	<ul style="list-style-type: none"> ● Coffee Morning ● Hymn Sing-a-long ● Virtual Church Service

- We aim to deliver a range of activities to support physical, psychological and social well-being.
- Individual home staff teams liaise with residents and create an activity plan based on needs and interests.
- One-to-one sessions may also take place where there has been an identified need to reduce the risk of social isolation.
- We enjoy trips out in our mini-buses.

Well-being Key

- Social
- Psychological
- Physical