Sample Activities Programme

Our activities programme focuses on engaging activities like art, music, food, exercise and language to improve social interaction, mood and mobility. We change it regularly based on what our residents enjoy.

MONDAY	AM	Indoor Boules
	PM	Culinary Workshop
TUESDAY	AM	Gentle Exercise Session
	PM	Spa Afternoon / Holistic Therapy
WEDNESDAY	AM	Reminiscence Session
	PM	Hairdresser in the Salon
THURSDAY	AM	Book Club
	PM	Trivia Afternoon
FRIDAY	AM	Gardening & Flower Arranging
	PM	Cognitive Challenges and Puzzles
SATURDAY	AM	Coffee Morning
	PM	Musical Moments
SUNDAY	AM	Church Visits
	PM	Movie in the Cinema

Please ask our team for a copy of this week's activities timetable.