

# ACTIVITIES & EVENTS



Our weekly programme has been curated to honour the mind, body and soul, embracing and stimulating positive physical and emotional wellbeing. Our programme comprises of highly innovative, evidence-based activities, following five components that ensure every day is lived well.

- **Mind and Memory** - stimulating the senses through sensory and cognitive activities.
- **New learning** - incorporating the latest technology with expert tuition; digital games, Motitech Bikes, VR Headsets.
- **Art & Culture** - accessing all of the mediums including music, film, literature and art.
- **Motivational Movement** - these activities aim to improve confidence, strengthen bones, muscles and the heart.
- **Signature Events** - these special dates in the diary are our themed, yearly observances, seasonal and community events.

