



Hesketh Park Lodge

Residential & Nursing Care Home

# Activities & Wellbeing

## Weekly Programme



**Monday** - am. Coffee Morning | pm. Social Evening

**Tuesday** - am. Active Fit | pm. Afternoon Cream Tea

**Wednesday** - am. Art Hub | pm. Knit & Natter

**Thursday** - am. Salon Experience | pm. Movie Night

**Friday** - am. Shopping Excursion | pm. Games Evening

**Saturday** - am. Book Club | pm. Relax & Unwind

**Sunday** - am. Relax & Unwind | pm. Sherry & Drinks



Part of the



**athena**  
Healthcare Group