



HOLMWOOD HOUSE

RESIDENTIAL CARE AND NURSING HOME

A SAMPLE 7-DAY ACTIVITIES SCHEDULE

Enriching life, mind, body and soul — every day at Holmwood House

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 Holmwood House — every week brings music, movement, crafts, and time together, tailored to what our residents love most.

DAY	MORNING	AFTERNOON
Monday	Music Therapy	Live Music with Charlie the Singer
Tuesday	Walks in the Garden & Horse Racing Games	Vision Fitness
Wednesday	Knit & Natter — Poems & Short Stories	Comedy, Magic & Mayhem
Thursday	Apple Baking & Tasting	Mr Dod Fitness Walk
Friday	Crazy Golf	Live Singer with Afternoon Tea & Cake
Saturday	Flamenco Dancer	Bingo
Sunday	Church Hymns	Family Fortunes

Our full activities calendar changes monthly and always includes one-to-one time, hairdressing, and quiet moments in the sensory room, alongside the events above.

PART OF THE HOLMWOOD HOLDINGS GROUP