



# ideal carehomes

## Ideal Activities

No two days are the same in our care homes, thanks to our fun and diverse activities program. All scheduled activities are planned with residents in mind, based on their likes and interests, to ensure there is something for everyone. Residents might enjoy sketching in the landscaped gardens, socialising at a local coffee morning, or taking in the live entertainment in the lounge.

*Here are just a few examples of the activities, entertainment and day trips on offer in our care homes.*



	AM	PM	Evening
<b>Monday</b>	Flower Arranging and Gardening Club	Afternoon Tea	Book Club
<b>Tuesday</b>	'Move It!' Mobility	String Quartet Performance	'The Greatest Showman' Film Night
<b>Wednesday</b>	'On This Day In... 1970' - Quiz	Talk by Local Wildlife Expert	Dominoes Social Club
<b>Thursday</b>	Narrowboat Trip	Wellness and Self-Care	Audiobook: Murder on the Orient Express
<b>Friday</b>	Chocolate Tasting	Dance Class	Live Singer
<b>Saturday</b>	Crosswords and Coffee	Bird Box Making	Hand massage and Manicures
<b>Sunday</b>	Board Games and Brain Teasers	Watercolour Painting	'This is Me' One to Ones

### This is Me

*Our caring teams show compassion and kindness when getting to know our residents through Ideal Carehomes' 'This is Me' initiative, which helps staff to learn about a resident's history, likes, dislikes, interests and wishes for the future.*

*Families, friends and guests are welcome to take part in our varied and enjoyable activities.*

To request this month's activities schedule for any home, please contact us on

0113 465 4000 or email [hello@idealcarehomes.co.uk](mailto:hello@idealcarehomes.co.uk)