

THE LIFESTYLE AT Harbour Healthcare

Our activities are second to none. Whether it's a game of cards with the residents or a musical extravaganza with lights and a full band, you can be sure of a vibrant social scene at all of our homes!

Our activities not only encourage our residents to continue with lifelong hobbies but to also try new ones. Our dedicated lifestyle co-ordinators are happy to promote, encourage and attend any activity to ensure that you continue to have fun and fulfilment in your life, and family members are welcome to join in too. Our aim is to promote stimulation for the mind and body, as well as general wellbeing.

Residents can enjoy the best of trips out. From garden centres to the sea front – whatever we do and wherever we go, we always follow the desires of our residents.



Example

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------|---------------|-----------|----------------|------------|--------------------------|---------------------|
| Arm Chair exercises | Arts & Crafts | Trip out | Coffee morning | Baking | Pamper session | Puzzles & Chat |
| Indoor Games | Film | Bingo | Live Singer | Quiz night | Darts & Pool competition | One to one sessions |

What's on...



Exercise



Musicality



Intergenerational play



Arts & Crafts



Coffee mornings



Trips out

... Plus lots more!