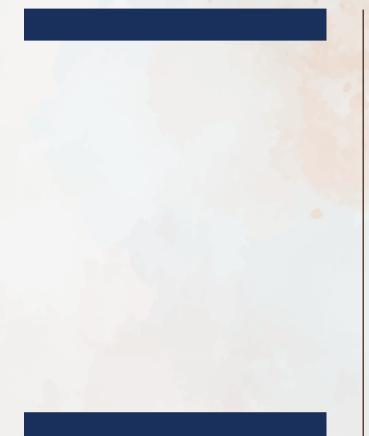


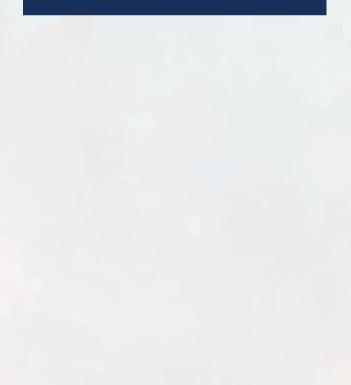
MANTON HEIGHTS CARE CENTRE

ACTIVITIES & EVENTS

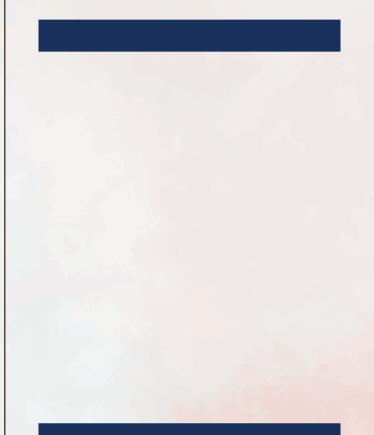
















Our weekly programme has been curated to honour the mind, body and soul, embracing and stimulating positive physical and emotional wellbeing. Our programme comprises of highly innovative, evidence-based activities, following five components that ensure every day is lived well.

- 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.

