

Weekly Activities

PLANNER



PRIESTY FIELDS
CARE HOME

SUNDAY

Sunday
newspapers

MONDAY

Walking club &
Letter writing

TUESDAY

Hairdressers &
Tea Room

WEDNESDAY

Gardening Club
all day

THURSDAY

Baking &
Movies

FRIDAY

Bingo & Garden
Games

SATURDAY

Quizes &
Puzzles

Oomph!

ON DEMAND

WHAT IS OOMPH?

SANDSTONE CARE GROUP HAVE A PARTNERSHIP WITH 'OOMPH!', THE UK'S LEADING WELLBEING PROGRAMME FOR OLDER ADULTS. OOMPH ARE EXPERTS IN ENHANCING MENTAL, PHYSICAL, AND EMOTIONAL WELLBEING IN A CARE HOME SETTING.

ACTIVITIES

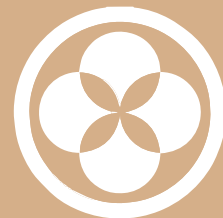
A WIDE RANGE OF TOPICS, FLEXIBLE TO YOUR NEEDS AND CONSTANTLY UPDATED WITH FRESH IDEAS.

EXERCISES

GET MOVING WITH VARIED EXERCISE INSPIRATION...FROM SESSION PLANS, TO RECORDED EXERCISE CLASSES, TARGETED MOVES, SPORT AND MORE.

OOMPH! TV

LIVE EXERCISE CLASSES AND ACTIVITY SESSIONS AS WELL AS VIDEOS FROM EXPERT PARTNERS. ALL RECORDED FOR ON DEMAND PLAYBACK.



PRIESTY FIELDS
CARE HOME

Activities IN PICTURES

