



WELLBEING PROGRAMME

Awesome Exercise Classes **Creative Activities**

A typical week at Ribble Court may include...

Monday Join our activities co-ordinators for **Yoga** in the Ground Lounge for a Mindful Monday. Then time to get green fingers in the garden with **Gardening Club**.

Tuesday It's **Bingo** TIME! This morning...get excited for fun and prizes! Followed by an afternoon film in the **Cinema**.

Wednesday Wellness Wednesday in **Salon** all day for nails and hair to be done with our hairdresser all day. Then we have some fabulous **Arts and Craft** ideas for the afternoon.

Thursday Lets start the day off with some **Exercise** - get our dancing shoes on in the ground floor cinema room. Afternoon bingo games and a higher or lower **Gameshow** to win some prizes.

Friday Come join us in the dining room for **Pizza Making** - Let us get our chef hats on and make some delicious pizza with our favourite toppings.

Saturday Today is a special Beatles themed day full of **Music, Dancing and Song**.

Sunday Our wellbeing team will be conducting **One-to-One Sessions** followed by a **Quiz** in the afternoon.

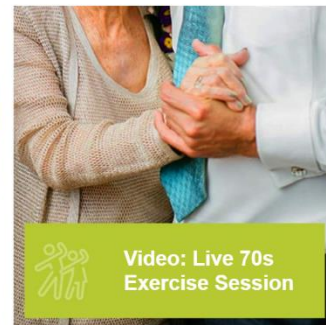
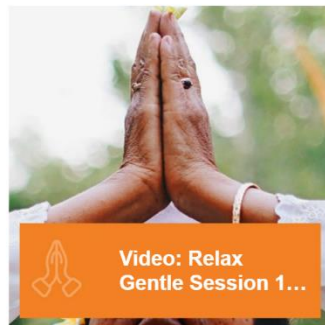
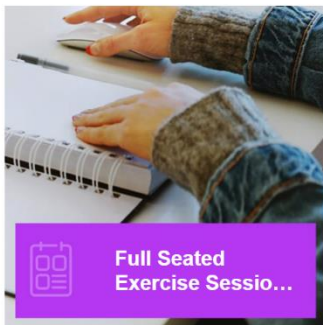


RIBBLE COURT
CARE HOME



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

Varied and Engaging Exercise



Art projects, Fun facts, and Quizzes



RIBBLE COURT
CARE HOME

RECENT PHOTOS FROM OUR SANDSTONE ACTIVITIES TEAM



RIBBLE COURT
CARE HOME