



SAMPLE ITINERARY

- 10AM** Yoga and Mindfulness Class: A gentle exercise session focusing on movement, breath, and relaxation
- 11.15AM** Botanical Workshop: Learn the art of flower arrangement and create beautiful floral centrepieces.
- 2PM** High Tea in the Bistro: Enjoy a selection of teas, served with a variety of sandwiches, pastries, and cakes in a sociable setting.
- 4PM** Watercolour Art Class: Unleash your creativity in a fun and relaxed painting class.
- 6PM** Cinema Night in the Picturehouse: Enjoy a classic film or a new release, complete with popcorn and homemade ice cream.
- 7PM** Quiz Night in the Bistro: Test your knowledge and enjoy some friendly competition with drinks and nibbles.

Beyond our scheduled activities, life at Hamberley offers a variety of engaging experiences including:

- Luxurious pampering sessions in our Wellbeing & Beauty Salons, where a variety of relaxation and beauty treatments are available
- Active involvement in our gardening clubs, perfect for those who enjoy the outdoors
- The joy and therapeutic benefits of interacting with a diverse range of visiting therapy animals
- Day trips to local attractions, outings for lunch, and community activities

If our scheduled activities don't capture your interest, remember that our care home is your home. Feel free to unwind at your own pace, whether in our cosy lounges, welcoming bistro, or amidst the tranquil beauty of our landscaped gardens. And if there's something specific you'd like to do, our Wellbeing Coaches are always on hand to make it happen.

After all, at Hamberley, we're committed to ensuring you live life your way.