

Sample Activities

Our activity schedules aim to both mentally and physically stimulate participants, they place emphasis on therapeutic enjoyment and provide opportunities to be social.

Sample Week

Monday

AM Water Colour Painting **PM** Chair Aerobics

Tuesday

AM Gardening **PM** Music Therapy

Wednesday

AM PAT Dog Visit **PM** Bingo

Thursday

AM Puzzles & Games **PM** Arts & Crafts

Friday

AM Spa Treatments **PM** Musical Entertainment

Saturday

AM Day Trip **PM** Bingo

Sunday

AM Coffee Morning **PM** Movie Night

