



W/C 29.01.2024

Wellbeing Programme

Example: → Do Don't

'Thank You' to Volunteer Keren who see our residents for company and conversation. Please tick either do/don't like to provide us with feedback.

M MONDAY	Lavender View Dining Hall 'Bird Watch' With 'Let's make Carrot Soup' and a Nature - Cinema - West View Lounge	Musical Entertainment from Pianist Brian Budden Lavender View Lounge 2.30pm- 3.30pm & 1-2-1 wellbeing room visits
T TUESDAY	Arts/Crafts – Creating Dragons for Chinese New year for Feb 10 th - Spire View Lounge Cinema - Hill View Lounge	Cinema - Sunny View Lounge Scrabble Club – Spire View Lounge 1-2-1 visits with The 'Memory Box'
W WEDNESDAY	Apologies but there is no Wellbeing Team in today	Apologies but there is no Wellbeing Team in today
T THURSDAY	Dominoes and Card Games (Building Bridges) Lavender View Dining Hall 'Bird Watch' Lavender View Dining Hall With Tea/Coffee & Biscuits	Sing –a-Long – Sunny View Lounge Followed by - Cinema - Sunny View Lounge (Reminiscent Yesteryear Footage)
F FRIDAY	Scrabble Club – West View Lounge -Cinema – Hill View Lounge	Senior Men's Club – 2.30pm-3.30pm Horse Racing on the Big screen - Hill View Lounge
S SATURDAY	Arts/Crafts – Creating Dragons for Chinese New Year for Feb 10 th -Lavender View Dining Hall	Spire View Lounge Followed by Manicures with Leanne
S SUNDAY	-Cinema – Spire View Lounge Sunday Hymns – Hill View Lounge	History Club - 'The History of Biscuits' Taste and Tell! West View Lounge & 1-2-1 wellbeing room visits

Activities may be subject to change: Sorry if this causes any inconvenience.

(AM) Activities would normally start from approx. 9.30/10.00am with 1-2-1 room visits. The planned (AM) wellbeing activities from 10.30am -12.15pm.

(PM) Planned activities would normally start from 2.00pm- 3.30/4.00pm and the 1-2-1 room visits from 4.00pm – 4.45pm

PLEASE NOTE: COVID RESTRICTIONS MAY SOMETIMES APPLY TO GROUP GATHERINGS. APOLOGIES FOR THIS.

Ground Floor – Lavender View

First Floor Sunny View and Hill View

Second Floor West View and Spire View