



WHITE GABLES  
RESIDENTIAL CARE HOME

## A SAMPLE 7-DAY ACTIVITIES SCHEDULE

*Enriching life, mind, body and soul — every day at White Gables*

*We believe life in our homes should nourish more than the body — it's about stimulating the mind, lifting the spirit, and celebrating who each person is.*

Every month brings a fresh mix of personalised, one-to-one and group activities spanning creative arts, music, movement and social occasions. We take the time to get to know each resident's story — what brings them joy, and what doesn't — so activities feel personal, not prescribed. Through outings, community connections and everyday moments of company, we help residents stay engaged, both in their own space and at the heart of home life together.

### A SAMPLE WEEK

*A flavour of daily life at White Gables — every week brings music, movement, crafts, and time together, tailored to what our residents love most.*

| DAY              | MORNING                                    | AFTERNOON                          |
|------------------|--------------------------------------------|------------------------------------|
| <b>Monday</b>    | A Visit from a Therapy Dog                 | Flower Arranging                   |
| <b>Tuesday</b>   | Wild West Theme Day — American Food & Quiz | Live Country & Western with Bruce  |
| <b>Wednesday</b> | Live Music with Chris — Guitar & Song      | A Visit from the Hope Trust        |
| <b>Thursday</b>  | Baking Club                                | One-to-One Time with Our Care Team |
| <b>Friday</b>    | Ballet Exercise with Debbie                | Arts & Crafts                      |
| <b>Saturday</b>  | Board Games                                | Get to Know Your Neighbours        |
| <b>Sunday</b>    | Church Service                             | Afternoon Film                     |

*Our full activities calendar changes monthly and also includes Drama Club, Knit & Natter, and Bean Bag Games, alongside the events above.*

PART OF THE HOLMWOOD HOLDINGS GROUP