

ACTIVITIES & EVENTS

Activities Woodlands



Our weekly programme has been curated to honour the mind, body and soul, embracing and stimulating positive physical and emotional wellbeing. Our programme comprises of highly innovative, evidence-based activities, following five components that ensure every day is lived well.

- **Mind and Memory** - stimulating the senses through sensory and cognitive activities.
- **New learning** - incorporating the latest technology with expert tuition; digital games, Motitech Bikes, VR Headsets.
- **Art & Culture** - accessing all of the mediums including music, film, literature and art.
- **Motivational Movement** - these activities aim to improve confidence, strengthen bones, muscles and the heart.
- **Signature Events** - these special dates in the diary are our themed, yearly observances, seasonal and community events.

