

# 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

