

Activity Schedule



Monday

Morning Walk & Chat
Bingo
Visit from Zoolab

Tuesday

Sit Fit
Arts and Crafts
Trip Out

Wednesday

Exercise with Stefan (interactive via Oomph)
Gardening Club
Knit & Natter / Gents Club

Thursday

Morning Walk & Chat
Pizza Making
Live Music with Special Guest Performer

Friday

Team Skittles
Make Fat Balls for the Birds
Hair and Nail Pampering Session

Saturday

Morning Walk & Chat
Quiz
Golden Oldies Sing-along

Sunday

Sunday Papers, Morning Walk
Flower Arranging
Cinema Club

The above is just a sample of activities, we will always tailor our activities schedule according to our residents wishes, requirements and wellbeing .