



Sample Activities

Taking guidance from our residents, our wellbeing programme is always designed around their needs and preferences. Here's a sample of some of our most popular activities from one to one and group sessions to virtual events with friends and neighbours in our communities.

Baking

Flower Arranging

Daily Sparkle Reminiscence

Daily Exercises with Music

Virtual Church Service

Quiz of the Week

Arts & Crafts

Cream Tea Afternoon

Movie Club

Reading Club

Keep in touch with relatives via phone, facetime, zoom / skype, Facebook and email.

