



Sample Activities

Taking guidance from our residents, our wellbeing programme is designed around their needs and preferences. From one to one activity and group settings to events with friends and neighbours in our communities, there is something for everyone. Here's a sample of some of our most popular activities.

Live entertainment

Dominoes

Bingo

Chair exercises

Sunday morning worship

Movie time

Reminiscence mornings

Pamper sessions – manicures and hand massages

Gardening club

Quizzes and puzzles

