

Benson House



CARING HOMES

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.

Baking

Flower Arranging

Yoga

Book Club

Arts and Crafts

Gardening

Church Services (inc virtual)

Daily Sparkle Reminiscence

Sherry and Scrabble

Daily Exercises with Music

Quiz of the Week

Spa Sessions - manicures, pedicures
and hand massages

Bingo

External Outings

