



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.

Knitting Club

Sing-a-longs

Baking

Quiz of the Week

Gardening

History Club

Cinema Club

Board & Puzzle Games

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

