



Sample Activities

We have an enhanced Wellbeing Programme including access to facetime, video calling, email and skype. Taking guidance from our residents, our programme is designed around their needs and preferences. From one to one activity and socially distanced group settings to virtual events with friends and neighbours in our communities, there is something for everyone. Here's a sample of some of our most popular activities.

Floor Basketball

Quiz of the Week

Reminiscence Afternoon

Chair Exercise

Hand Massage and Manicure

Cinema Club

Board Games

Music Therapy

Sing-a-longs

