



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

Chair exercises

Pamper sessions – manicures and hand massages

Card games

Sunday morning worship

Poetry club

Movie time

Quizzes and puzzles

