



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 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.

Various arts and crafts

Cookie decorating

Music therapy with sensory machine

Chair exercises

Movie time

Reminiscence mornings

Pamper sessions – manicures and hand massages

Coffee mornings

Quizzes and puzzles

