

Care Home Activities

Sample week

This is a sample only. Please see our care home manager for a current activities programme.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--|---|---|---|---|---|--|
| 10-12pm | <p>News and views</p>  <p><i>Chat and discussion.</i></p> | <p>Current events</p> <p><i>What do you think?</i></p> | <p>Morning Outing</p>  <p><i>Out and about.</i></p> | <p>Get fit Group</p>  <p><i>Get moving - group exercise class.</i></p> | <p>Current events</p> <p><i>The week in review.</i></p> | <p>Sit and get fit</p>  <p><i>Exercise while you're sitting down.</i></p> | <p>Acknowledging individual beliefs and spiritual diversity</p>  <p><i>Your choice.</i></p> |
| 1-3pm | <p>Library</p>  <p><i>Relax and read.</i></p> | <p>High tea</p>  <p><i>Meet and greet over coffee and treats.</i></p> | <p>Quiz time</p> <p><i>Exercise your brain.</i></p> | <p>Blokes workshop</p>  <p><i>Woodwork class.</i></p> | <p>Indoor games</p>  <p><i>Play scrabble, draughts, cards - you choose.</i></p> | <p>Book club</p> <p><i>Share your latest read.</i></p> | <p>Learn something new</p>  <p><i>Baking today.</i></p> |
| 3-5pm | <p>Pamper time</p>  <p><i>Time to indulge.</i></p> | <p>Reminisce</p>  <p><i>Memories and story telling.</i></p> | <p>Technology workshop</p>  <p><i>Introduction to mobile devices.</i></p> | <p>Guest speaker</p> <p><i>Community group visits.</i></p> | <p>Happy hour and sing-a-long</p> <p><i>Join in or watch and enjoy the music.</i></p> | <p>Big screen sport</p>  <p><i>Watch your favourite sport - your choice.</i></p> | <p>Ice-creams and movies</p>  <p><i>Old and new movies.</i></p> |