WELLBURN
Care without compromise

SAMPLE - MONTHLY ACTIVITY PROGRAMME

DAY	
Thursday	Pamper Time / Hand & Nails
Friday	Flower Arranging in the Large Lounge
Saturday	DVD – Old Movie in the Middle Lounge / Quiz Time in the Large Lounge
Sunday	Dominoes / Sing-a-Long
Monday	Bus Trip 2.00pm / Let's Talk Cards
Tuesday	Getting to Know You Past & Present
Wednesday	Bingo in the Dining Room
Thursday	Creative Time – Rainbow Theme / Motivation 3.15pm (using colours from rainbow)
Friday	Flower Arranging / Painting the Flowers we see
Saturday	A Walk in the Garden (Take the Digital Camera and snap away)
Sunday	Creative Time (Make a Display with Photos from the Camera)
Monday	Bus Trip 2.00pm
Tuesday	Afternoon Tea Party / Nigel Heap 12.30pm
Wednesday	Make a Reminiscence Newspaper for the Home
Thursday	Pamper Time
Friday	Flower Arranging
Saturday	DVD Time / Peep into the Past
Sunday	Tell a Story (asking the residents about some of their memories)
Monday	Bus Trip 2.00pm
Tuesday	Dominoes / Walk Out
Wednesday	Bingo
Thursday	Black Cats 2.30pm
Friday	Flower Arranging / Getting to Know You
Saturday	Let's Get Creative / Paint or Draw what you can see
Sunday	Exercise Time
Monday	Bus Trip 2.00pm
Tuesday	Book Club – What is your favourite book?
Wednesday	Making Buns or Bread
Thursday	Outing for Lunch
Friday	Flower Arranging / Quiz Time

Wellburn Care Homes