

# Activities



**RESIDENT**

## PHYSICAL

- Outside Trips / Shopping / Zoo
- Walks (Seaside / Parks)
- Garden Activities (Planting)
- Chair-based Exercises
- Quoits
- Blackboard Wall

## NEURAL EXERCISES

- Brain Training
- Painting & Drawing
- Arts & Crafts (Art Wall)
- Reading / Writing
- Number Cards
- Quiz
- Draughts / Dominoes

## SENSORY

- Gardening
- TV / Interactive TV (Wii)
- Music (Recorded / Live)
- Aviary
- Fish Pond / Fountains
- Singing / Karaoke
- Aroma Quiz
- Baking

## SPIRITUAL & THERAPEUTIC

- Religious Services / Groups
- Manicures / Foot Soak
- Rehabilitation Therapy
- Hairdressing
- Music Headsets (iPods)
- Massage
- Hydro Pool

## SOCIAL

- Coffee Mornings
- Family Celebrations
- Monthly Home Events
- Outside Trips / Events
- Discussion Cards
- Quiz / Games / Bingo
- Families at Activities

# Weekly Activities Guide

## Winsombe Hall



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	Painting & Drawing  Crafts	Chair Exercises	Project Discussion  Seasonal Project	Ball Exercise  Yoga	Sensory Bag  Memory Game	Crossword Puzzles  Board Games	Sunday Papers  Crossword Puzzles
	AFTERNOON	'Test the Nation' Quiz	Hairdressing  Nail Care	Bingo	'TV' Quiz	'Main Team' Quiz	Bowls  Pictionary
EVENING		TV / Music Room  Foot Soaks	Discussion  TV / Music Room	TV / Music Room  Reminisces	Hand Massage  TV / Music Room	Dominoes  Cards	TV / Music Room  Hand Massage