



# Activities Programme 2019

## MONDAY

### MORNING

Hairdressing, Active games with Tina; Skittles, beach ball + hoopla.  
Coffee outing in the mini-bus

### AFTERNOON

Complimentary bar service offering a selection of alcoholic and non-alcoholic drinks with snacks, including fruit and chocolate.  
Minibus outing (weather permitting).  
Tina's old fashion afternoon tea party, or dancing and music.  
(Outside when weather permits)

## TUESDAY

### MORNING

Visiting PAT dog Bertie with his owner Debbie (every other week)  
Newspapers, quiz, reminiscing time and seated exercise.

### AFTERNOON

Complimentary bar service offering a selection of alcoholic and non-alcoholic drinks with snacks, including fruit and chocolate.  
Sing-a-long with Fleur, manicures & aromatherapy for those who stay in their rooms.

## WEDNESDAY

### MORNING

Coffee outing in the mini-bus  
Newspapers, horoscopes, poetry, and sing-a-long.

### AFTERNOON

Cookery afternoon, famous faces, music quiz. Bingo (residents choice)  
Complimentary bar service offering a selection of alcoholic and non-alcoholic drinks with snacks, including fruit and chocolate.  
Minibus outing (weather permitting).

## THURSDAY

### MORNING

Newspaper reading, reminiscence quiz, sing-a-long, poetry.

### AFTERNOON

Complimentary bar service offering a selection of alcoholic and non-alcoholic drinks with snacks, including fruit and chocolate.  
Minibus outing (weather permitting).  
Library books, crafting club, manicures, aromatherapy  
hand massage.  
One to one therapies/activities in rooms.

## FRIDAY

### MORNING

Flower arranging with Tina  
Lunch outing in the mini-bus

### AFTERNOON

Complimentary bar service offering a selection of alcoholic and non-alcoholic drinks with snacks, including fruit and chocolate.  
Live musical entertainment with Martin, Tina's fancy dress dancing including around the other lounges and bedrooms.

## SATURDAY

### AFTERNOON

Complimentary bar service offering a selection of alcoholic and non-alcoholic drinks with snacks, including fruit and chocolate.  
Entertainment with Ed and aromatherapy with Yvonne.

## SUNDAY

### AFTERNOON

Complimentary bar service offering a selection of alcoholic and non-alcoholic drinks with snacks, including fruit and chocolate.  
Minibus outing (weather permitting).  
Sunday afternoon film club or craft club with Lisa.

There is a great variety to our programme of live entertainment. The Arford Bell ringers visit regularly, with residents being given the chance to participate in the bell ringing. Our live entertainer, Martin does an unplugged acoustic guitar session or an electric guitar 60s express, as well as singing to backing tracks on Fridays. On Saturday Ed our keyboard player entertains. We also have aromatherapist and hand massage from Yvonne.

We also offer a range of seasonal and topical activities. For example, we run special activities for Valentine's Day, Shrove Tuesday and Easter. Our residents get the chance to pot seasonal plants in the spring or summer. We have themed events that reflect the sporting calendar, do pumpkin carving at Halloween, and put on a firework display for Bonfire night. At Christmas we have a full package of seasonal activities, including carol singing, and Christmas parties for our residents and their relatives and friends. In addition, residents also get the chance to enjoy the benefits of some animal therapy throughout the year. Our residents can interact with and a visit from our PAT dog Bertie.

We also cater for the religious attitudes of our residents. A Church of England Service is held in the nursing home once a month and Catholic communion every two weeks. We are also happy to accommodate any other religious requirements as far as we are able.

Not all our residents are able to enjoy the formal activities we provide but we are very keen to make sure that everyone who lives at Wenham Holt has good company and stimulation every day. Those residents who prefer to stay in their rooms have access to library books, poetry reading, hand massage, manicures and facials. A range of newspapers is offered, as well as access to an iPad and laptop computer. Our staff are on hand to chat to residents, play games with them, and create and update their Life-books.

The activities we offer are flexible, and the schedule often changes to reflect the preferences of our residents. We appreciate suggestions and ideas on how we can add to the activities and entertainment we offer and take these on board whenever we can. During the summer months our residents often enjoy walks in the garden and sitting on the patio or terrace.