



Enjoy a fulfilling life

Living in a Care UK care home is all about continuing to enjoy hobbies and interests, making new friends, and even trying new experiences – always with support from our caring team. Reminiscence-themed activities, from music sessions to baking, help to spark happy memories. Dancing, exercise classes, yoga and gardening enable your loved one to stay fit and active.

A selection of our activities

Monday

Flower arranging • Pot planting

Tuesday

Hairdressing • Pub quiz

Wednesday

Coffee morning • Baking

Thursday

Musical reminiscence • Arts and crafts

Friday

Exercise class • Skittles

Saturday

Saturday movie matinee • Musical entertainment

Sunday

Sunday papers • Bird watching