



## Activity Schedule

At Birchwood House, the wellbeing of our residents is paramount. We invest heavily in activities on a group and one to one basis and have a dedicated member of staff that focuses on activities from arts and crafts and baking, to exercise, games and events. Here is an example weekly schedule to give you a better feel of Birchwood and what you can expect.

### MORNING

### AFTERNOON

#### *Monday*

Shopping trolley  
One to one room  
visits

Play your cards right

#### *Tuesday*

Hairdressers

Bird seed ornament

#### *Wednesday*

Shopping trolley  
One to one room  
visits

Flower pot decorating

#### *Thursday*

One to one  
room visits

Movie matinee

#### *Friday*

Current affairs  
catch up

Armchair aerobics

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