



SWANVALE
Luxurious care homes

Sample Activity Schedule

Whether you are feeling active or just want to enjoy the company of others in pleasant surroundings, all of our Swanvale homes offer a variety of daily social and recreational programs. Designed to challenge and soothe your mind, body and spirit, you will find a function to soothe your mood.

4th January	Sing along Home baking Group local walk
5th January	Manicures & Hairdressing Arm chair exercises Karaoke
6th January	Tai Chi Salvation Army Lunch Movie afternoon
7th January	Arts & Craft Hosting afternoon tea Jigsaws
8th January	Tea dance at Town Hall Shopping club Chair yoga
9th January	Reading Club Pub lunch Religious leaders visit
10th January	Current affairs with Fish & Chip lunch Visit to local park / Afternoon Tea at Wycliffe World games



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