



Wendover
MANOR

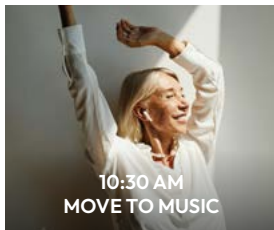
EXAMPLE WELLNESS SCHEDULE

Our dedicated Wellness Team ensures every resident has the opportunity to take part in activities and experiences that support their physical, cognitive, emotional and social wellbeing - from group sessions to one-to-one support, there is something for everyone.

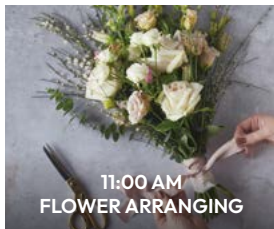


Salveo
CARE

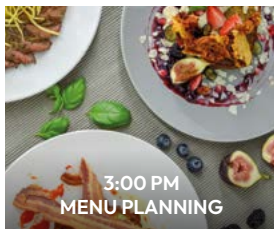
MONDAY



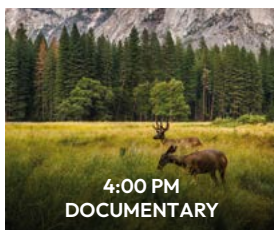
10:30 AM
MOVE TO MUSIC



11:00 AM
FLOWER ARRANGING

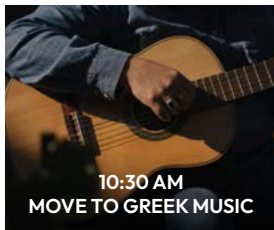


3:00 PM
MENU PLANNING

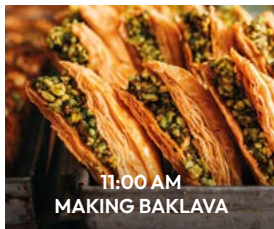


4:00 PM
DOCUMENTARY

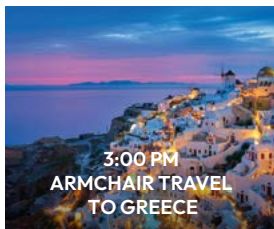
TUESDAY



10:30 AM
MOVE TO GREEK MUSIC



11:00 AM
MAKING BAKLAVA

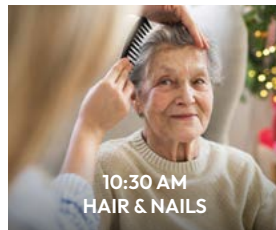


3:00 PM
ARMCHAIR TRAVEL
TO GREECE

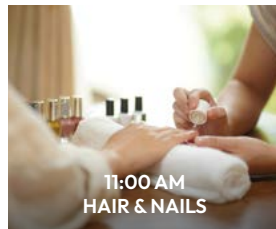


7:00 PM
MAMMA MIA

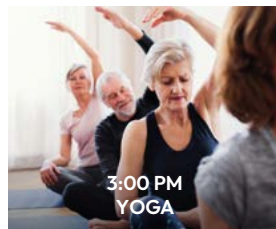
WEDNESDAY



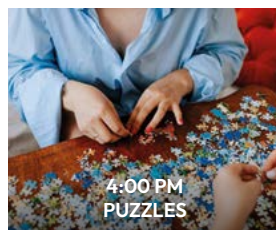
10:30 AM
HAIR & NAILS



11:00 AM
HAIR & NAILS



3:00 PM
YOGA



4:00 PM
PUZZLES

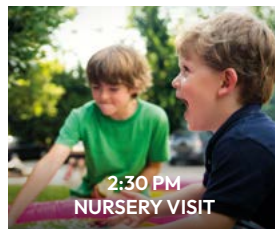
THURSDAY



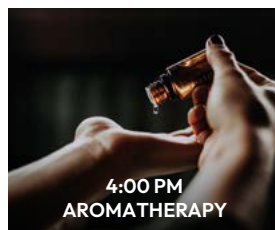
10:30 AM
STRENGTH TRAINING



11:00 AM
WENDOVER MARKET

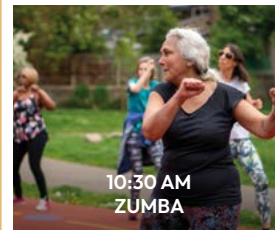


2:30 PM
NURSERY VISIT

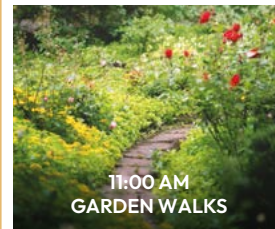


4:00 PM
AROMATHERAPY

FRIDAY



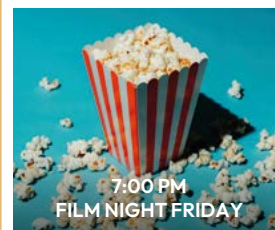
10:30 AM
ZUMBA



11:00 AM
GARDEN WALKS

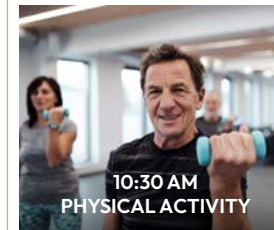


3:00 PM
CHEESE TASTING



7:00 PM
FILM NIGHT FRIDAY

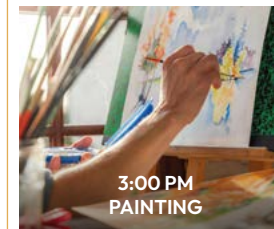
SATURDAY



10:30 AM
PHYSICAL ACTIVITY



11:00 AM
NEWS DISCUSSION



3:00 PM
PAINTING



6:30 PM
FAMILY QUIZ NIGHT

SUNDAY



10:30 AM
GENTLE STRETCHES



11:00 AM
ROALD DAHL DAY



3:00 PM
CHOCOLATE MAKING



4:00 PM
FILM & ONE-TO-ONES