

Surbiton sample Wellbeing Programme



Day	Time	Activity
Monday	11:00 11:30 15:00 16:00	Movement to music Chit, chat, sketch Manicures Ice cream in the garden
Tuesday	11:00 12:00 14:00	Movement to music Boccia Music club
Wednesday	11:00 12:00 13:45	Movement to music Bingo Sing along hour
Thursday	11:00 11:30 12:00 14:00	Movement to music Local school visit Quiz Piano recital
Friday	11:00 12:00 16:00	Movement to music Cooking with our head chef Poetry club
Saturday	11:00 12:00 16:00	Movement to music Quiz Afternoon film
Sunday	11:00 15:00	Board games Manicures

The details above are an example of our Wellbeing Programme. Our schedule is updated monthly and includes a variety of personalised, one-to-one and group activities across a wide range of interest areas.



**Royal Star
& Garter**

Care with courage