



ANCHOR LODGE
residential home

SAMPLE ACTIVITY PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
REMINISCENCE	PHYSICAL ACTIVITIES	MEMORY LANE	GENTLE EXERCISES	MEMORY MOMENTS	HAND MASSAGE	SUNDAY PAPERS
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Famous Faces and Royalty	Bean Bags	Memory Lane	Bowling	Alphabet Games	NAIL POLISHING	-----
Browsing Books	Seated Football	Music	Boules	Shopping	-----	MUSIC
-----	Seated Volleyball	Arts and Crafts	Tin Can Alley	Matching Pairs	STORY BOOK READING	
Manicures	Throwing / Catching	Bingo / Games	Walks Along the Seafront	Feely Bags		
Hand Massage	Balloons / Bubbles	-----	-----	Touch / Smell / Taste		
Hair / Beauty / Perfume	-----	GROUP GAMES	MUSIC & MOVEMENT	-----		
Glossy Magazines	Cards	Fun bingo		Pet Therapy Dog / Rabbit		
Movies	Dominoes	Who Wears the Hat	Seated Exercise	One to One Chats		
	Papers	Guess Who	Sing-a-longs	Arts and Crafts		
	General News / Chat	Board Games	Pass the Parcel	Painting and Drawing		
			Making Music			