

Typical weekly activities at Gavin Astor House

Activities are planned to offer something of interest to residents regardless of which unit they are in, and most sessions are open to all residents. The plan of activities offered each week may differ slightly between McAllister unit and Lewis Unit, but is designed to rotate so that residents on both floors have an equal opportunity to benefit from one-to-one sessions that suit their individual needs and interests.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	One-to-one or group activity	One-to-one with residents	Residents outing or entertainment	One-to-one with residents	Reminiscence group
Afternoon	Arts and crafts	Cooking or garden games	Residents outing or entertainment	Film afternoon	One-to-one or group activity, or garden games
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	One-to-one with residents	Residents outing	One-to-one with residents	One-to-one with residents	One-to-one with residents
Afternoon	Film afternoon	Residents outing	Bingo	Armchair exercises, games or activity of choice	Reminiscence group and Knitting Club