



LIFE AT AVELAND COURT

A SAMPLE DAY AND MONTH AT AVELAND COURT

WEEKLY ACTIVITIES



MONDAY

A.M.

MONDAY MORNING
CHAIR EXERCISE

P.M.

GARDEN GAMES, BINGO OR TABLE
TENNIS

TUESDAY

AM.

NATIONAL GARDENING
DAY!

P.M.

PAINT PLANT POTS
ARTS & CRAFTS

WEDNESDAY

10 A.M.

ONE TO ONE ROOM VISITS

2 P.M

LADIES PAMPER DAY
NAILS & HAIR

THURSDAY

10.45 AM

CHURCH SERVICE

3. P.M

DCAMILLE - SINGER

FRIDAY

A.M.

1-2-1 ROOM VISITS,
SING-A-LONG

P.M.

AFTERNOON
BINGO

SATURDAY

A.M.

EXERCISE IN CARE

P.M.

ARTS AND CRAFTS
FAMILY VISITS

SUNDAY

A.M.

FAMILY VISITS

P.M.

RELAXATION TIME

MONTHLY ACTIVITIES



01/07/26
WEDNESDAY

SINGER - LEA

02/07/26
THURSDAY

CHURCH SERVICE 10.45AM

03/07/26
FRIDAY

SINGER - THERESA

06/07/26
MONDAY

TEA@3 SING-A-LONG

09/07/26
THURSDAY

SIMON - ANIMAL HQ
REV JEFF

09/07/26
THURSDAY

BOB & ISABELLE

12/07/26
SUNDAY

ENTERTAINER - BING

26/07/26
FRIDAY

SUMMER PARTY

28/07/26
SUNDAY

SINGER - PATRICK

29/07/26
MONDAY

BREAKFAST MORNING

WHAT MAKES OUR HOME SPECIAL



Creative activities

Arts, crafts, and seasonal projects tailored to interests



Entertainment

Live singers
musicians
sing-alongs



Wellness activities

Exercise in care,
armchair exercises
outdoor activities



Community engagement

Church services
community group visits
excursions



Special events

Birthday celebrations
festivals
themed occasions



Personal attention

One-to-one room visits tailored to individual preferences



AT AVELAND COURT, EVERY ACTIVITY IS DESIGNED TO BRING COMFORT, CONNECTION AND PURPOSE TO EVERYDAY LIFE.
OUR GOAL IS SIMPLE - TO HELP EVERY RESIDENT LIVE SAFELY, COMFORTABLY AND PURPOSEFULLY, WHILE GIVING FAMILIES
COMPLETE PEACE OF MIND.

TO FIND OUT MORE OR ARRANGE A VISIT, PLEASE GET IN TOUCH WITH AVELAND COURT.

AVELAND COURT,
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