

Quality of Life Programme

At Enliven, we understand that participating in interesting activities, developing new friendships and being actively involved are important aspects that make for happier, healthier living.



SAMPLE WEEKLY ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	WEEK ONE						
Morning Activities	Walking Group Blokes Shed Time (*PEACEHAVEN ONLY) Newspaper Reading	Walking Group Bible Study Newspaper Reading	Walking Group Coffee Club or Morning Tea Outing Newspaper Reading	Walking Group Visiting Entertainment Newspaper Reading	Walking Group Music Enrichment Programme, Folk Music Singalong Newspaper Reading	Newspaper Reading Exercises	Music Listening
LUNCH							
Afternoon Activities	Housie Arts and Crafts	Van trip to Riverton	Boccia Flower Arranging	Discussion Group Board Games	Cooking Class Word Games	Visiting Entertainment	Chapel Arts and Crafts
DINNER							
Evening Activities	TV News	TV News	TV News	TV News	TV News Movie Night	TV News	

Our Activities Co-ordinators work with residents, staff and community groups to develop engaging and varied programmes. This is a sample of the wellbeing programme across all our homes. These change regularly and some homes do not provide all the activities mentioned. Residents have the choice of attending and where possible, activities are tailored to suit their individual abilities.



SAMPLE WEEKLY ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	WEEK TWO						
Morning Activities	Walking Group Blokes Shed Time (*PEACEHAVEN ONLY) Newspaper Reading	Walking Group Inter-generational Programme Pre-School or Primary School Visit	Walking Group Coffee Club or Morning Tea Outing Newspaper Reading	Walking Group Flower Arranging Newspaper Reading	Walking Group Visiting Entertainment Newspaper Reading	Newspaper Reading Music Listening	Music Listening
LUNCH							
Afternoon Activities	Housie Monthly Happy Hour	Boccia Word Games	Discussion Group Nail Care	Van trip to Queens Park	Cooking Class Board Games	Visiting Entertainment Quiz Competition	Chapel Visiting Entertainment
DINNER							
Evening Activities	TV News	TV News	TV News Music Enrichment Programme Rock'n'Roll Singalong	TV News	TV News	TV News Movie Night	



Peacehaven
☎ 03 216 9099

Walmsley House
☎ 03 217 6122

Resthaven
☎ 03 208 9440

Vickery Court
☎ 03 215 9059

www.enlivensld.nz

