

Lifestyle



We bring the spark

Genuine care and support, built on meaningful relationships with our residents and their loved ones – that's what we strive for in our homes.

Our aim is to provide opportunities for our residents to grow. We want everyone around us to have a sense of meaning, by giving them options that can be hugely beneficial to creating a healthy lifestyle and personal outlook.

In our homes, it's all about choice, the choice to interact with their fellow residents and explore new opportunities, but we also recognise the need and the importance for our residents to simply take some time out for themselves and enjoying their own company.

If our residents want to try something new, we'll do everything we can to make that happen. Likewise, if they've got a hobby that they love, we'll make sure that they are able to carry this on.



We do the work. You do the play.

An Anavo stay can mean more than just a rest.

When your loved one stays with us, our dedicated team will keep them as active as they can manage.

It's part of our mission to help foster healthy habits and positive outlooks.

We put on a range of activities, and there should be something to suit your loved one's interests and abilities.

We want you and them to choose; to be in control of their time, and their level of involvement. So we'll always have a chat before we get going on a class or a club.

Our line-up is varied, and it's something to dip in and out of. Here's a taster:

- **Art classes**
- **Book club**
- **Card school**
- **Comedy**
- **Dinner dances**
- **Gardening club**
- **Movement sessions**
- **Movie nights**
- **Music Concerts**
- **Choir Afternoons**
- **Games/Quiz afternoons and tournaments**
- **Cheese and Wine Social Afternoons**
- **Regular Afternoon Tea featuring Chef's home bakes**
- **Gents breakfast club (newspapers, cooked breakfast and conversation)**
- **Regular Church Services / various denominations**
- **Flower Arranging**
- **Day trips (where possible)**

Everybody we work with from outside the Anavo family is vetted, interviewed and approved by our leadership team.

Care, with a spring in its step.



Weekly activities planner



Monday 9th October

Morning:
Games Morning with
Skittles and Hoopla

Afternoon:
Film Afternoon

Evening:
Games Room

Tuesday 10th October

Morning:
Pamper Morning and Hairdressing

Afternoon:
Grandparent Day
Colouring Fun

Evening:
Library Leisure

Wednesday 11th October

Morning:
Armchair Exercise

Afternoon:
Afternoon Quiz Time

Evening:
A choice of Film



Thursday 12th October

Morning:
Harry Potter Book Day Colouring

Afternoon:
Harry Potter Film Afternoon

Evening:
Games Room

Friday 13th October

Morning:
Arts and Crafts Morning

Afternoon:
Jigsaws and Board Games
Afternoon

Evening:
A choice of Film

Saturday 14th October

Morning:
Whats in The News

Afternoon:
James Bond Film Afternoon

Evening:
Library Leisure

Sunday 15th October

Morning:
Move it Morning Walks
for Wellbeing

Afternoon:
Songs of Praise

Evening:
Hot chocolate Treats

Alexandra Mill

an **anavo** care home