

# Wentworth Court Nursing Home Activities Itinerary



Monday 26 June - Sunday 2 July

Wentworth Court  
Village Road  
Cheltenham  
GL51 0BG  
[www.wentworthct.com](http://www.wentworthct.com)



# Monday 26 June

A visit from Ben, our lovely Pets As Therapy (PAT) dog, loved by residents and staff alike!



Eyes down for a full house!  
It's Wentworth Court Bingo morning with tasty prizes



Gather round for an afternoon of tabletop games. Residents get competitive over games of Snap, Connect Four, Snakes and Ladders and other favourites.



Who doesn't love a game of Jenga?  
A favourite activity involving cognitive and motor skills.  
If the weather's fine, you'll find us in the garden.



Come and visit us! Our specialist dementia nursing home welcomes visitors during Care Home Open Week.  
Call 01242 263334 or email [info@wentworthct.com](mailto:info@wentworthct.com)

# Tuesday 27 June

We start the day with simple wordsearches and puzzles to stimulate the mind and encourage conversations.



Our pack of memory cards are useful for starting conversations and helping residents to remember. We love to listen to our residents stories and memories!



With 4 July, American Independence Day only a week away, our creative wellbeing team will help residents to create their own American-themed windsocks.



Time is put aside this afternoon to spend time on a one-to-one basis with individuals. Depending on preferences and the mood of the day, this could include reading a newspaper together, a pampering session, a trip to a local coffee shop or a simple chat.



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# Wednesday 28 June

Wednesday morning means pampering! We provide manicures and hand massages, and hairdresser Carol is on site too, working her magic.



Time to get up-to-date with local news and features of interest from the Cotswold Listener talking newspaper.



The culmination of an eight-week intergenerational project with Hester's Way Primary School and the Everyman Theatre! Families and friends will gather to enjoy the unveiling of a huge tapestry that children and residents have created together followed by musical entertainment.

Naturally, refreshments will be on hand plus our chefs' delicious cakes!



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# Thursday 29 June

With 4 July, American Independence Day only a week away, our creative wellbeing team will help residents to create decorative American-themed bead bracelets.



We love technology! Our huge 'Tiny' tablet is a favourite with residents who will enjoy playing touch screen games.



Thursday afternoon is time for music and movement. No doubt there will be improptu dancing as well as lots of singing along.



Another movement-based activity using our colourful giant parachute which always gets everyone smiling!



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# Friday 30 June

It's Fitness Friday! The wellbeing team will be leading some easy workouts created for older people.



While some residents like to help out with gardening tasks most days in the finer weather, this afternoon the team will be leading some gardening activities including planting, watering and tending our flowers, fruit and vegetable plants.



Time for games in the garden where we will be keeping cool under colourful parasols while enjoying some traditional favourite pastimes.



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# Saturday 1 July

After breakfast, we'll start the weekend with the Tour de France on our cinema screen for those who wish to watch.



For residents who would rather get out and about, the team will organise walks in small groups to our attractive local parks.



Mid-afternoon refreshments on the Jolly Trolley, residents can choose their favourite treat from a refreshing selection of ices.



Sunshine and singing! We love a sing-a-long at Wentworth Court and our wellbeing team will ensure that everyone has a fun time. If its raining, then we will create our own sunshine indoors!



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# Sunday 2 July

For those who wish to join in, Sunday morning is a time for religious services and quiet contemplation. We are regularly joined by representatives from local faith communities.



One-to-one time with individuals. Depending on preferences, this could include reading a newspaper together, a pampering session, a trip to a local coffee shop or a simple chat.



After Sunday lunch is the perfect time to relax with a cuppa. For those who prefer, we have a selection of tipples and non-alcoholic beers.



Time for a Sunday film on our cinema screen. Popcorn and sweet treats will be on hand to add to the experience!



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**WENTWORTH**  
— COURT —  
CHELTENHAM



Wentworth Court is an award-winning 65-bed nursing home providing residential and respite care exclusively for people living with dementia.

Only by visiting us for yourself and meeting the team will you be able to get a feel for the special community we have created at Wentworth Court.

Call 01242 263334 or  
email [info@wentworthct.com](mailto:info@wentworthct.com)  
to book a visit.

