

As well as planning an extensive collection of care home activities, Abbeydale also plays a key role in the local Ilkley community and is actively involved in building further links. We've held many successful events and fundraisers, many of which have been for charities close to our residents' hearts. Most recently, Abbeydale played host to a wonderful summer garden party, raising money for Martin House Children's Hospice.

We also maintain links with the University of the Third Age (U3A) who believe that no-one is too old to learn. This is an ethos we promote throughout our care home, encouraging residents to learn new skills and join in with the excellent activities and talks the U3A host.

In addition to our care home activities, we also plan a variety of outings in our mini-bus to local tea rooms, shopping outlets and beautiful gardens – the opportunities are endless.

Visit our website and view Abbeydale care home day trips for more examples of some of the picturesque places our residents have visited or call 01943 603074 for further information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 11am Exercise with Sabine 12pm Pianist 3pm Activities 4pm Power Plate 6pm Card Games 7pm Downton Abbey	2 3pm Activities 4pm Power Plate	3 3pm Activities 4pm Power Plate
4 11am Pilates 12pm Pianist 3pm Activities 6pm Card Games	5 11am Quiz 4pm Power Plate 6pm Card Games	6 11am Quiz 11am Trip to Louise Black's garden 12pm Pianist 4pm Power Plate 6.30pm Music for Health	7 10am Hand Massage 11am Quiz 12 noon Residents Meeting 4pm Power Plate 6pm Card Games	8 11am Exercise with Sabine 12pm Pianist 3pm Activities 4pm Power Plate 6pm Card Games 7pm Downton Abbey	9 3pm Activities 4pm Power Plate	10 3pm Activities 4pm Power Plate
11 11am Pilates 12pm Pianist 3pm Activities 6pm Card Games	12 11am Quiz 4pm Power Plate 6pm Card Games	13 11am Quiz 12pm Pianist 4pm Power Plate	14 11am Quiz 4pm Power Plate 6.30pm Bluebird Show	15 11am Exercise with Sabine 12pm Pianist 3pm Activities 4pm Power Plate 6pm Card Games 7pm Downton Abbey	16 3pm Activities 4pm Power Plate	17 3pm Activities 4pm Power Plate
18 11am Pilates 12pm Pianist 3pm Activities 4pm Communion 6pm Card Games	19 11am Quiz 4pm Power Plate 6pm Card Games	20 11am Quiz 12pm Pianist 4pm Power Plate	21 10am Hand Massage 11am Quiz 4pm Power Plate 6pm Card Games	22 11am Exercise with Sabine 12pm Pianist 3pm Activities 4pm Power Plate 6pm Card Games 7pm Downton Abbey	23 3pm Activities 4pm Power Plate	24 3pm Activities 4pm Power Plate
25 11am Pilates 12pm Pianist 3pm Activities 6pm Card Games	26 11am Quiz 4pm Power Plate 6pm Card Games	27 11am Quiz 12pm Pianist 2.30pm Art Class 4pm Power Plate	28 11am Quiz 4pm Power Plate 6pm Card Games	29 11am Exercise with Sabine 12pm Pianist 3pm Activities 4pm Power Plate 6pm Card Games 7pm Downton Abbey	30 3pm Activities 4pm Power Plate	



Our care home activities are expertly formed from resident's interests.

