

## **The Luncheon Club**

Methodist Homes Fairleads Retirement Village hosts a luncheon club at Pauline Davis Court. Residents meet up three times per week to enjoy various active ageing programmes, make new friends and enjoy some “me time”.

The active ageing programme includes a low key tone exercise programme, playing board games, listening to a story, completing crossword puzzles or brain teasers and making a craft.

Being part of an active ageing programme enhances ones quality of life and assists with physical, mental and social well-being. It keeps you healthy and happy through your golden years.



**Contact Fairleads Retirement Village on  
011 686 1200 for further details on this and other  
Outreach programmes**



**Methodist Homes**

Providing affordable, secure and caring  
accommodation and services to the elderly