



1 SEPTEMBER 2024 | EVENTS & ACTIVITIES

							SUNDAY 1ST
ACTIVITIES							AM Church Service Autumn Walk Photo Sharing Family Brunch PM Bingo Afternoon
CINEMA							Film Showing
BRIDGEFIT							
SALON/SPA							

WEEK 1



2 - 8 SEPTEMBER 2024 | EVENTS & ACTIVITIES

	MONDAY 2ND	TUESDAY 3RD	WEDNESDAY 4TH	THURSDAY 5TH	FRIDAY 6TH	SATURDAY 7TH	SUNDAY 8TH
ACTIVITIES	<p>AM Chefs Demonstration Cooking Club - Cookies</p> <p>PM Musical Entertainment</p>	<p>AM Ice Skating</p> <p>PM Lunch Out</p>	<p>AM Board Games 1-to-1 Resident's Choice</p> <p>PM Musical Entertainment</p>	<p>AM Open Doors 10am-2pm Musical Entertainment</p> <p>PM Guess Who General Knowledge Quiz</p>	<p>AM Garden Centre Trip with Coffee and Cake</p> <p>PM Gardening Club</p>	<p>AM Horse Racing Game 1-to-1 Resident's Choice</p> <p>PM Lunch Out</p>	<p>AM Church Service In the Papers Family Brunch & Coffee Morning</p> <p>PM Board Games</p>
CINEMA	Cricket Showing	Cricket Showing	Cricket Showing	Cricket Showing	Cricket Showing	Film Showing	Film Showing
BRIDGEFIT	<p>10.15 - 11.00AM Move to Music Class</p> <p>2.15 - 3.00PM Strength, Mobility & Relaxation Class</p> <p>3.00 - 4.30PM 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		<p>10.15 - 11.00AM Move to Music Class</p> <p>2.15 - 3.00PM Strength, Mobility & Relaxation Class</p> <p>3.00 - 4.30PM 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		<p>10.15 - 11.00AM Move to Music Class</p> <p>2.15 - 3.00PM Strength, Mobility & Relaxation Class</p> <p>3.00 - 4.30PM 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		
SALON/SPA	Hairdresser		Hairdresser Spa Therapy	Spa Therapy	Hairdresser Spa Therapy		



9 - 15 SEPTEMBER 2024 | EVENTS & ACTIVITIES

	MONDAY 9TH	TUESDAY 10TH	WEDNESDAY 11TH	THURSDAY 12TH	FRIDAY 13TH	SATURDAY 14TH	SUNDAY 15TH
ACTIVITIES	<p>AM Aquarium Trip</p> <p>PM Lunch Out</p>	<p>AM Advice Cards for Grandchildren for Grandparent's Day</p> <p>PM Family Board Games Afternoon</p>	<p>AM Chefs Demonstration Cooking Club - Hot Cross Buns</p> <p>PM Musical Entertainment</p>	<p>AM Bingo 1-to-1 Resident's Choice</p> <p>PM Animal Visit</p>	<p>AM Board Games</p> <p>PM Horse Racing Game</p>	<p>AM Chefs Demonstration Word Games</p> <p>PM Musical Entertainment</p>	<p>AM Church Service In the Papers</p> <p>PM Sunday Lunch Out</p>
CINEMA	Cricket Showing	Cricket Showing	Cricket Showing	Cricket Showing	Cricket Showing	Film Showing	Film Showing
BRIDGEFIT	<p>10.15 - 11.00AM Move to Music Class</p> <p>2.15 - 3.00PM Strength, Mobility & Relaxation Class</p> <p>3.00 - 4.30PM 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		<p>10.15 - 11.00AM Move to Music Class</p> <p>2.15 - 3.00PM Strength, Mobility & Relaxation Class</p> <p>3.00 - 4.30PM 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		<p>10.15 - 11.00AM Move to Music Class</p> <p>2.15 - 3.00PM Strength, Mobility & Relaxation Class</p> <p>3.00 - 4.30PM 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		
SALON/SPA	Hairdresser		Hairdresser Spa Therapy	Spa Therapy	Hairdresser Spa Therapy		



16 - 22 SEPTEMBER 2024 | EVENTS & ACTIVITIES

	MONDAY 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH	SATURDAY 21ST	SUNDAY 22ND
ACTIVITIES	<p>AM Chefs Demonstration Cooking Club</p> <p>PM Musical Entertainment</p>	<p>AM Word Games In the Papers</p> <p>PM Darts Competition</p>	<p>AM Arts & Crafts</p> <p>PM Movie Afternoon in Playhouse Cinema</p>	<p>AM Crayford Dogs</p> <p>PM Lunch Out</p>	<p>AM Horse Racing Game</p> <p>PM Arts & Crafts</p>	<p>AM Musical Entertainment</p> <p>PM 1-to-1 Resident's Choice</p>	<p>AM Church Service Board Games</p> <p>PM Afternoon Tea</p>
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT	<p>10.15 - 11.00AM Move to Music Class</p> <p>2.15 - 3.00PM Strength, Mobility & Relaxation Class</p> <p>3.00 - 4.30PM 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		<p>10.15 - 11.00AM Move to Music Class</p> <p>2.15 - 3.00PM Strength, Mobility & Relaxation Class</p> <p>3.00 - 4.30PM 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		<p>10.15 - 11.00AM Move to Music Class</p> <p>2.15 - 3.00PM Strength, Mobility & Relaxation Class</p> <p>3.00 - 4.30PM 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		
SALON/SPA	Hairdresser		Hairdresser Spa Therapy	Spa Therapy	Hairdresser Spa Therapy		



23 - 29 SEPTEMBER 2024 | EVENTS & ACTIVITIES

	MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH	SATURDAY 28TH	SUNDAY 29TH
ACTIVITIES	<p>AM Horse Racing Game</p> <p>PM Word Games</p>	<p>AM Art Museum Trip</p> <p>PM Lunch Out</p>	<p>AM Dice Games 1-to-1 Resident's Choice</p> <p>PM Musical Entertainment</p>	<p>AM Bingo 1-to-1 Resident's Choice</p> <p>PM Word Searches</p>	<p>AM Boat Trip</p> <p>PM Lunch Out</p>	<p>AM Chefs Demonstration Cooking Club</p> <p>PM Outdoor Movie Night</p>	<p>AM Church Service Arts & Crafts</p> <p>PM Toasting Marshmallows on the Fire</p>
CINEMA	Cricket Showing	Cricket Showing	Cricket Showing	Cricket Showing	Cricket Showing	Film Showing	Film Showing
BRIDGEFIT	<p>10.15 - 11.00AM Move to Music Class</p> <p>2.15 - 3.00PM Strength, Mobility & Relaxation Class</p> <p>3.00 - 4.30PM 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		<p>10.15 - 11.00AM Move to Music Class</p> <p>2.15 - 3.00PM Strength, Mobility & Relaxation Class</p> <p>3.00 - 4.30PM 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		<p>10.15 - 11.00AM Move to Music Class</p> <p>2.15 - 3.00PM Strength, Mobility & Relaxation Class</p> <p>3.00 - 4.30PM 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		
SALON/SPA	Hairdresser		Hairdresser Spa Therapy	Spa Therapy	Hairdresser Spa Therapy		

**HIGHLIGHT: 28TH SEPTEMBER 2024 - OUTDOOR MOVIE NIGHT
WEEK 5**



30 SEPTEMBER 2024 | EVENTS & ACTIVITIES

	MONDAY 30TH						
ACTIVITIES	AM Board Games PM Musical Entertainment						
CINEMA	Film Showing						
BRIDGEFIT	10.15 - 11.00AM Move to Music Class 2.15 - 3.00PM Strength, Mobility & Relaxation Class 3.00 - 4.30PM 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session						
SALON/SPA	Hairdresser						