



# 1 DECEMBER 2024 | EVENTS & ACTIVITIES

							<b>SUNDAY 1ST</b>
<b>ACTIVITIES</b>							<b>AM</b> Church Service Arts & Crafts - Advent Calendar  <b>PM</b> Christmas Movie in Playhouse Cinema
<b>CINEMA</b>							Film Showing
<b>BRIDGEFIT</b>							
<b>SALON/SPA</b>							

**WEEK 1**



# 2 - 8 DECEMBER 2024 | EVENTS & ACTIVITIES

	MONDAY 2ND	TUESDAY 3RD	WEDNESDAY 4TH	THURSDAY 5TH	FRIDAY 6TH	SATURDAY 7TH	SUNDAY 8TH
ACTIVITIES	<p><b>AM</b> Christmas Jumper Day Bingo</p> <p><b>PM</b> Musical Entertainment</p>	<p><b>AM</b> Arts &amp; Crafts - Christmas Wreaths Word in Word Game</p> <p><b>PM</b> Bingo</p>	<p><b>AM</b> Christmas Carol Movie in Playhouse Cinema</p> <p><b>PM</b> Bridge Choir Christmas Tree Decorating</p>	<p><b>AM</b> Trip - Hampton Court</p> <p><b>PM</b> Christmas Word Search</p>	<p><b>AM</b> Open Doors 10am-2pm Musical Entertainment</p> <p><b>PM</b> Bridge Choir</p>	<p><b>AM</b> Trip - Sanctuary</p> <p><b>PM</b> Christmas Games</p>	<p><b>AM</b> Church Service In the Papers 1-to-1 Interactions</p> <p><b>PM</b> Hot Chocolate &amp; Christmas Songs in The Gallery</p>
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT	<p><b>10.15AM - 11.00AM</b> Move to Music Class</p> <p><b>2.15PM - 3.00PM</b> Strength, Mobility &amp; Relaxation Class</p> <p><b>3.00PM - 4.30PM</b> 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		<p><b>10.15AM - 11.00AM</b> Move to Music Class</p> <p><b>2.15PM - 3.00PM</b> Strength, Mobility &amp; Relaxation Class</p> <p><b>3.00PM - 4.30PM</b> 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		<p><b>10.15AM - 11.00AM</b> Move to Music Class</p> <p><b>2.15PM - 3.00PM</b> Strength, Mobility &amp; Relaxation Class</p> <p><b>3.00PM - 4.30PM</b> 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		
SALON/SPA	<p><b>9.30AM - 2.00PM</b> Hairdresser</p> <p><b>8.30AM - 2.30PM</b> Spa Therapy</p>	<p><b>9.30AM - 2.00PM</b> Hairdresser</p> <p><b>8.30AM - 2.30PM</b> Spa Therapy</p>	<p><b>9.30AM - 2.00PM</b> Hairdresser</p>	<p><b>9.30AM - 2.00PM</b> Hairdresser</p> <p><b>8.30AM - 2.30PM</b> Spa Therapy</p>			

## WEEK 2



# 9 - 15 DECEMBER 2024 | EVENTS & ACTIVITIES

	MONDAY 9TH	TUESDAY 10TH	WEDNESDAY 11TH	THURSDAY 12TH	FRIDAY 13TH	SATURDAY 14TH	SUNDAY 15TH
<b>ACTIVITIES</b>	<p><b>AM</b> Trip - Chatham Dockyard</p> <p><b>PM</b> Lunch Out The Grinch showing in Playhouse Cinema</p>	<p><b>AM</b> Arts &amp; Crafts - Christmas Ball Balls Word in Word Game</p> <p><b>PM</b> Arts &amp; Crafts - Christmas Crackers</p>	<p><b>AM</b> 1-to-1 Interactions Cooking Club - Decorating Cakes</p> <p><b>PM</b> Arts &amp; Crafts</p>	<p><b>AM</b> Christmas Tree Decorating</p> <p><b>PM</b> Musical Entertainment Santa Visit</p>	<p><b>AM</b> Music Therapist</p> <p><b>PM</b> Lunch Out</p>	<p><b>AM</b> Christmas Bingo with Prizes</p> <p><b>PM</b> Christmas Quiz with Cheese &amp; Mulled Wine</p>	<p><b>AM</b> Church Service Cooking Club - Ginger Bread House</p> <p><b>PM</b> Bridge Choir</p>
<b>CINEMA</b>	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
<b>BRIDGEFIT</b>	<p><b>10.15AM - 11.00AM</b> Move to Music Class</p> <p><b>2.15PM - 3.00PM</b> Strength, Mobility &amp; Relaxation Class</p> <p><b>3.00PM - 4.30PM</b> 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		<p><b>10.15AM - 11.00AM</b> Move to Music Class</p> <p><b>2.15PM - 3.00PM</b> Strength, Mobility &amp; Relaxation Class</p> <p><b>3.00PM - 4.30PM</b> 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		<p><b>10.15AM - 11.00AM</b> Move to Music Class</p> <p><b>2.15PM - 3.00PM</b> Strength, Mobility &amp; Relaxation Class</p> <p><b>3.00PM - 4.30PM</b> 1-to-1 Gym Session 1-to-1 Room Visit 1-to-1 Balance Session</p>		
<b>SALON/SPA</b>	<p><b>9.30AM - 2.00PM</b> Hairdresser</p> <p><b>8.30AM - 2.30PM</b> Spa Therapy</p>	<p><b>9.30AM - 2.00PM</b> Hairdresser</p> <p><b>8.30AM - 2.30PM</b> Spa Therapy</p>	<p><b>9.30AM - 2.00PM</b> Hairdresser</p>	<p><b>9.30AM - 2.00PM</b> Hairdresser</p> <p><b>8.30AM - 2.30PM</b> Spa Therapy</p>			



# 16 - 22 DECEMBER 2024 | EVENTS & ACTIVITIES

	MONDAY 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH	SATURDAY 21ST	SUNDAY 22ND
ACTIVITIES	<p><b>AM</b> Arts &amp; Crafts</p> <p><b>PM</b> Cockney Nights Event</p>	<p><b>AM</b> Arts &amp; Crafts - Gonk Making</p> <p><b>PM</b> Trip - Sleeping Beauty Pantomime</p>	<p><b>AM</b> Carol Singing - Our Lady's Catholic Primary School 11am</p> <p><b>PM</b> Christmas Movie in Playhouse Cinema</p>	<p><b>AM</b> Word Games in the Lounge</p> <p><b>PM</b> Lonely at Christmas Lunch Musical Entertainment</p>	<p><b>AM</b> Arts &amp; Crafts - Christmas Cards</p> <p><b>PM</b> Arts &amp; Crafts Cheese &amp; Wine in The Gallery</p>	<p><b>AM</b> Black Taxi Light Show - 3pm</p> <p><b>PM</b> Board Games General Knowledge Quiz</p>	<p><b>AM</b> In the Papers Christmas Cocktails in The Gallery</p> <p><b>PM</b> Musical Entertainment</p>
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT	<p><b>10AM</b> Wellbeing Check-In</p> <p><b>10.30AM</b> BridgeFit 1st Floor</p> <p><b>11.20AM</b> BridgeFit 2nd Floor</p> <p><b>2.00PM - 3.00PM</b> 1-to-1/Group Gym Session</p>	<p><b>10AM</b> Wellbeing Check-In</p> <p><b>10.30AM</b> BridgeFit 1st Floor</p> <p><b>11.20AM</b> BridgeFit 2nd Floor</p> <p><b>2.00PM - 3.00PM</b> 1-to-1/Group Gym Session</p>	<p><b>10AM</b> Wellbeing Check-In</p> <p><b>10.30AM</b> BridgeFit 1st Floor</p> <p><b>11.20AM</b> BridgeFit 2nd Floor</p> <p><b>2.00PM - 3.00PM</b> 1-to-1/Group Gym Session</p>	<p><b>10AM</b> Wellbeing Check-In</p> <p><b>10.30AM</b> BridgeFit 1st Floor</p> <p><b>11.20AM</b> BridgeFit 2nd Floor</p> <p><b>11.50AM - 12.30PM</b> 1-to-1/Group Gym Session</p>			
SALON/SPA	<p><b>9.30AM - 2.00PM</b> Hairdresser</p> <p><b>8.30AM - 2.30PM</b> Spa Therapy</p>	<p><b>9.30AM - 2.00PM</b> Hairdresser</p> <p><b>8.30AM - 2.30PM</b> Spa Therapy</p>	<p><b>9.30AM - 2.00PM</b> Hairdresser</p>	<p><b>9.30AM - 2.00PM</b> Hairdresser</p> <p><b>8.30AM - 2.30PM</b> Spa Therapy</p>			



# 23 - 29 DECEMBER 2024 | EVENTS & ACTIVITIES

	MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH	SATURDAY 28TH	SUNDAY 29TH
<b>ACTIVITIES</b>	<p><b>AM</b> Bridge Christmas Market</p> <p><b>PM</b> Musical Entertainment</p>	<p><b>AM</b> Stocking Fillers &amp; Present Wrapping</p> <p><b>PM</b> Trip - Bluewater Pizza Express</p>	<p><b>AM</b> Preparing the Table Cooking Club - Christmas Vegetables</p> <p><b>PM</b> Christmas Carols King's Speech Christmas Lunch</p>	<p><b>AM</b> Board Games</p> <p><b>PM</b> Cheese &amp; Wine in The Gallery</p>	<p><b>AM</b> Arts &amp; Crafts - New Year Decorating Horse Racing</p> <p><b>PM</b> Knitting</p>	<p><b>AM</b> Word Games Dice Games</p> <p><b>PM</b> Who Wants to be a Millionaire? Musical Entertainment</p>	<p><b>AM</b> In the Papers with Coffee in The Gallery 1-to-1 Interactions</p> <p><b>PM</b> 1-to-1 Interactions</p>
<b>CINEMA</b>	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
<b>BRIDGEFIT</b>	<p><b>10AM</b> Wellbeing Check-In</p> <p><b>10.30AM</b> BridgeFit 1st Floor</p> <p><b>11.20AM</b> BridgeFit 2nd Floor</p> <p><b>2.00PM - 3.00PM</b> 1-to-1/Group Gym Session</p>		<p><b>10AM</b> Wellbeing Check-In</p> <p><b>10.30AM</b> BridgeFit 1st Floor</p> <p><b>11.20AM</b> BridgeFit 2nd Floor</p> <p><b>2.00PM - 3.00PM</b> 1-to-1/Group Gym Session</p>		<p><b>10AM</b> Wellbeing Check-In</p> <p><b>10.30AM</b> BridgeFit 1st Floor</p> <p><b>11.20AM</b> BridgeFit 2nd Floor</p> <p><b>11.50AM - 12.30PM</b> 1-to-1/Group Gym Session</p>		
<b>SALON/SPA</b>	<p><b>9.30AM - 2.00PM</b> Hairdresser</p> <p><b>8.30AM - 2.30PM</b> Spa Therapy</p>	<p><b>9.30AM - 2.00PM</b> Hairdresser</p> <p><b>8.30AM - 2.30PM</b> Spa Therapy</p>	<p><b>9.30AM - 2.00PM</b> Hairdresser</p>	<p><b>9.30AM - 2.00PM</b> Hairdresser</p> <p><b>8.30AM - 2.30PM</b> Spa Therapy</p>			

**HIGHLIGHT: 23RD DECEMBER 2024 - BRIDGE CHRISTMAS MARKET  
WEEK 5**



# 30 - 31 DECEMBER 2024 | EVENTS & ACTIVITIES

	MONDAY 30TH	TUESDAY 31ST					
<b>ACTIVITIES</b>	<b>AM</b> NYE Decorating Word Games <b>PM</b> Afternoon Tea in The Gallery	<b>AM/PM</b> New Year's Eve Party with Champagne & Canapés Musical Entertainment					
<b>CINEMA</b>	Film Showing	Film Showing					
<b>BRIDGEFIT</b>	<b>10AM</b> Wellbeing Check-In <b>10.30AM</b> BridgeFit 1st Floor <b>11.20AM</b> BridgeFit 2nd Floor <b>2.00PM - 3.00PM</b> 1-to-1/Group Gym Session						
<b>SALON/SPA</b>	<b>9.30AM - 2.00PM</b> Hairdresser <b>8.30AM - 2.30PM</b> Spa Therapy	<b>9.30AM - 2.00PM</b> Hairdresser <b>8.30AM - 2.30PM</b> Spa Therapy					