



1-2 FEBRUARY 2025 | EVENTS & ACTIVITIES

						SATURDAY 1ST	SUNDAY 2ND
HIGHLIGHT						PM COCKTAIL MAKING	AM BOOK CLUB
ACTIVITIES						AM In the Papers Day in the Life - Housekeeping PM Word Games Cocktail Making in the Gallery	AM Book Club Quiz in Silk Lounge PM Simply Sensory Card Games in Applegarth Lounge
CINEMA						Film Showing	1.30pm - Cricket
BRIDGEFIT							
SALON/SPA							

WEEK 1



3 - 9 FEBRUARY 2025 | EVENTS & ACTIVITIES

	MONDAY 3RD	TUESDAY 4TH	WEDNESDAY 5TH	THURSDAY 6TH	FRIDAY 7TH	SATURDAY 8TH	SUNDAY 9TH
HIGHLIGHT	AM TRIP - EAGLE HEIGHTS	PM COCKNEY KNIGHTS	AM TRIP - LOCAL SHOPS	PM CHURCH SERVICE AT THE BRIDGE	AM BRITISH WAR MUSEUM	AM TRIP - WALK AROUND THE PARK	AM COOKING CLUB
ACTIVITIES	<p>AM Trip - Eagle Heights Horse Racing Game</p> <p>PM Scabble Arts & Crafts</p>	<p>AM Arts & Crafts Reminiscing about Holidays</p> <p>PM Word Association Cockney Knights Entertainment</p>	<p>AM Trip - Walk to the Local Shops Gardening Club - Bulbs</p> <p>PM Word Search Wine Tasting in The Gallery</p>	<p>AM A Day in the Life - Laundry</p> <p>PM Knitting Club Church Service</p>	<p>AM Trip - British War Museum</p> <p>PM Groove to Music Bingo in The Gallery</p>	<p>AM Painting Sensory Activity</p> <p>PM Bird Watching Trip - Walk Around the Park</p>	<p>AM Cooking Club - Prepping Veg Reminiscing - Wartime</p> <p>PM Music Therapy Session Chef Demonstration</p>
CINEMA	Film Showing	Film Showing	Film Showing	8am - Cricket	Film Showing	Film Showing	8am - Cricket
BRIDGEFIT	<p>10AM Wellbeing Check-In</p> <p>10.30AM - 11.15AM BridgeFit 1st Floor</p> <p>11.30AM - 12.00PM BridgeFit 2nd Floor</p> <p>1.30PM - 3.15PM 1-to-1/Group Gym Session</p>		<p>10AM Wellbeing Check-In</p> <p>10.30AM - 11.15AM BridgeFit 1st Floor</p> <p>11.30AM - 12.00PM BridgeFit 2nd Floor</p> <p>1.30PM - 3.15PM 1-to-1/Group Gym Session</p>		<p>10AM Wellbeing Check-In</p> <p>10.30AM - 11.00AM BridgeFit 1st Floor</p> <p>11.05AM - 11.35PM BridgeFit 2nd Floor</p> <p>11.40AM - 12.30PM 1-to-1</p>		
SALON/SPA	<p>9.30AM - 2.00PM Hairdresser</p> <p>8.30AM - 2.30PM Spa Therapy</p>	<p>9.30AM - 2.00PM Hairdresser</p> <p>8.30AM - 2.30PM Spa Therapy</p>		<p>9.30AM - 2.00PM Hairdresser</p> <p>8.30AM - 2.30PM Spa Therapy</p>			

WEEK 2



10-16 FEBRUARY 2025 | EVENTS & ACTIVITIES

	MONDAY 10TH	TUESDAY 11TH	WEDNESDAY 12TH	THURSDAY 13TH	FRIDAY 14TH	SATURDAY 15TH	SUNDAY 16TH
HIGHLIGHT	AM BOOK CLUB	PM TRIP - LUNCH OUT	PM ARTS & CRAFTS	AM TRIP - WINTER WALK	PM MUSICAL ENTERTAINMENT	AM JEWELLERY MAKING	AM CANDLE MAKING
ACTIVITIES	<p>AM Book Club 1-to-1 Sessions</p> <p>PM Card Games Arts & Crafts</p>	<p>AM Trip - Lunch Out</p> <p>PM Puzzles Cooking Club - Baking</p>	<p>AM Arts & Crafts Sudoku</p> <p>PM Gardening Club Arts & Crafts</p>	<p>AM Trip - Winter Walk</p> <p>PM Meditation Chefs Demonstration</p>	<p>AM Podcast in the Lounge Word Search - Love Themed</p> <p>PM Needlework Afternoon - Valentines' Day Musical Entertainment</p>	<p>AM Arts & Crafts - Jewellery Making</p> <p>PM Cooking Club - Baking Meditation</p>	<p>AM Arts & Crafts - Candle Making 1-to-1 Sessions</p> <p>PM Arts & Crafts - Needlework</p>
CINEMA	Film Showing	Film Showing	8am - Cricket	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT	<p>10AM Wellbeing Check-In</p> <p>10.30AM - 11.15AM BridgeFit 1st Floor</p> <p>11.30AM - 12.00PM BridgeFit 2nd Floor</p> <p>1.30PM - 3.15PM 1-to-1/Group Gym Session</p>		<p>10AM Wellbeing Check-In</p> <p>10.30AM - 11.15AM BridgeFit 1st Floor</p> <p>11.30AM - 12.00PM BridgeFit 2nd Floor</p> <p>1.30PM - 3.15PM 1-to-1/Group Gym Session</p>		<p>10AM Wellbeing Check-In</p> <p>10.30AM - 11.00AM BridgeFit 1st Floor</p> <p>11.05AM - 11.35PM BridgeFit 2nd Floor</p> <p>11.40AM - 12.30PM 1-to-1</p>		
SALON/SPA	<p>9.30AM - 2.00PM Hairdresser</p> <p>8.30AM - 2.30PM Spa Therapy</p>	<p>9.30AM - 2.00PM Hairdresser</p> <p>8.30AM - 2.30PM Spa Therapy</p>		<p>9.30AM - 2.00PM Hairdresser</p> <p>8.30AM - 2.30PM Spa Therapy</p>			

WEEK 3



17-23 FEBRUARY 2025 | EVENTS & ACTIVITIES

	MONDAY 17TH	TUESDAY 18TH	WEDNESDAY 19TH	THURSDAY 20TH	FRIDAY 21ST	SATURDAY 22ND	SUNDAY 23RD
HIGHLIGHT	AM BOOK CLUB	AM YOGA WITH STEPHANIE	PM TRIP - CINEMA	AM TRIP - WINTER WALK	AM ESCAPE ROOM	PM MUSICAL ENTERTAINMENT	AM LEARN A LANGUAGE
ACTIVITIES	<p>AM Book Club Learn About a Topic</p> <p>PM Getting Ready for Spring Board Games</p>	<p>AM Day in the Life - Lunch Preparation Yoga with Stephanie</p> <p>PM Hand Massages 1-to-1 Sessions</p>	<p>AM Trip - Cinema</p> <p>PM Reminiscing - Music What's That Taste Game</p>	<p>AM Quiz Competition Dominos Winter Walk</p> <p>PM iPad Lessons Gents Games</p>	<p>AM Trip - Escape Room</p> <p>PM Ladies Wine & Cheese in The Gallery Chefs Demonstration</p>	<p>AM Magazine Catch Up Musical Bingo</p> <p>PM Musical Entertainment with Liam Gallegar</p>	<p>AM Coffee Club in The Gallery Learn a Language</p> <p>PM Getting Ready for Spring 1-to-1 Sessions</p>
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	9am - Cricket	Film Showing
BRIDGEFIT	<p>10AM Wellbeing Check-In</p> <p>10.30AM - 11.15AM BridgeFit 1st Floor</p> <p>11.30AM - 12.00PM BridgeFit 2nd Floor</p> <p>1.30PM - 3.15PM 1-to-1/Group Gym Session</p>		<p>10AM Wellbeing Check-In</p> <p>10.30AM - 11.15AM BridgeFit 1st Floor</p> <p>11.30AM - 12.00PM BridgeFit 2nd Floor</p> <p>1.30PM - 3.15PM 1-to-1/Group Gym Session</p>		<p>10AM Wellbeing Check-In</p> <p>10.30AM - 11.00AM BridgeFit 1st Floor</p> <p>11.05AM - 11.35PM BridgeFit 2nd Floor</p> <p>11.40AM - 12.30PM 1-to-1</p>		
SALON/SPA	<p>9.30AM - 2.00PM Hairdresser</p> <p>8.30AM - 2.30PM Spa Therapy</p>	<p>9.30AM - 2.00PM Hairdresser</p> <p>8.30AM - 2.30PM Spa Therapy</p>		<p>9.30AM - 2.00PM Hairdresser</p> <p>8.30AM - 2.30PM Spa Therapy</p>			

WEEK 4



24 - 28 FEBRUARY 2025 | EVENTS & ACTIVITIES

	MONDAY 24TH	TUESDAY 25TH	WEDNESDAY 26TH	THURSDAY 27TH	FRIDAY 28TH		
HIGHLIGHT	AM TRIP - DOVER CASTLE UNDER SIEGE	AM TRIP - WINTER WALK	AM TRIP - MEN'S CAFÉ OUTING	AM HEAD MESSAGES/ MEDITATION	PM COMEDY NIGHT		
ACTIVITIES	<p>AM Trip - Dover Castle Under Siege</p> <p>PM Learn a Language 1-to-1 Sessions</p>	<p>AM Tea Tasting in The Gallery Trip - Winter Walk</p> <p>PM Gardening Club - Spring iPad Lessons</p>	<p>AM Trip - Men's Café Outing</p> <p>PM Smoothie Making Arts & Crafts</p>	<p>AM Meditation Head Massages</p> <p>PM Getting Ready for Spring Chefs Demonstration</p>	<p>AM Start of Ramadan - Tea & Talk Simply Sensory</p> <p>PM Stretch Session Comedy Night</p>		
CINEMA	Film Showing	Film Showing	9am - Cricket	Film Showing	Film Showing		
BRIDGEFIT	<p>10AM Wellbeing Check-In</p> <p>10.30AM - 11.15AM BridgeFit 1st Floor</p> <p>11.30AM - 12.00PM BridgeFit 2nd Floor</p> <p>1.30PM - 3.15PM 1-to-1/Group Gym Session</p>		<p>10AM Wellbeing Check-In</p> <p>10.30AM - 11.15AM BridgeFit 1st Floor</p> <p>11.30AM - 12.00PM BridgeFit 2nd Floor</p> <p>1.30PM - 3.15PM 1-to-1/Group Gym Session</p>		<p>10AM Wellbeing Check-In</p> <p>10.30AM - 11.00AM BridgeFit 1st Floor</p> <p>11.05AM - 11.35PM BridgeFit 2nd Floor</p> <p>11.40AM - 12.30PM 1-to-1</p>		
SALON/SPA	<p>9.30AM - 2.00PM Hairdresser</p> <p>8.30AM - 2.30PM Spa Therapy</p>	<p>9.30AM - 2.00PM Hairdresser</p> <p>8.30AM - 2.30PM Spa Therapy</p>		<p>9.30AM - 2.00PM Hairdresser</p> <p>8.30AM - 2.30PM Spa Therapy</p>			

HIGHLIGHT: 28TH FEBRUARY 2025 - COMEDY NIGHT
WEEK 5