



1-5 JANUARY 2025 | EVENTS & ACTIVITIES

			WEDNESDAY 1ST	THURSDAY 2ND	FRIDAY 3RD	SATURDAY 4TH	SUNDAY 5TH
HIGHLIGHT			4.15PM LEEDS CASTLE LIGHT SHOW		10AM-2PM OPEN DOORS WITH AGE UK	AM DARTFORD MUSEUM	PM OWL THERAPY
ACTIVITIES			AM A Day in the Life - Kitchen  PM General Knowledge Quiz in The Gallery Trip - Leeds Castle	AM In the Papers Arts & Crafts  PM Scrabble in the Silk Lounge	AM Open Doors 10am-2pm Arts & Crafts  PM Bingo in The Gallery	AM Trip -Dartford Museum Reminiscing - Holidays  PM Chefs Demonstration - Baking	AM Church Service Dominos  PM Owl Therapy Card Games
CINEMA			Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT			10AM Wellbeing Check-In  10.30AM BridgeFit 1st Floor  11.20AM BridgeFit 2nd Floor  2.00PM - 3.00PM 1-to-1/Group Gym Session		10AM Wellbeing Check-In  10.30AM BridgeFit 1st Floor  11.20AM BridgeFit 2nd Floor  11.50AM - 12.30PM 1-to-1/Group Gym Session		
SALON/SPA			9.30AM - 2.00PM Hairdresser	9.30AM - 2.00PM Hairdresser  8.30AM - 2.30PM Spa Therapy			



## 6-12 JANUARY 2025 | EVENTS & ACTIVITIES

	MONDAY 6TH	TUESDAY 7TH	WEDNESDAY 8TH	THURSDAY 9TH	FRIDAY 10TH	SATURDAY 11TH	SUNDAY 12TH
HIGHLIGHT	PM GROOVESTAR MUSIC THERAPY	AM CHURCH SERVICE AT THE BRIDGE	11.15AM RIVER THAMES CRUISE	PM CAFÉ FOR COFFEE & CAKE	PM MUSIC WITH JOHN FALKENER		
ACTIVITIES	AM 1-to-1 Interactions A Day in the Life - Laundry  PM Musical Entertainment	AM Arts & Crafts - Cards Dice Game Church Service  PM Walking Club - Around the Gardens	AM Trip - River Thames Cruise  PM Vegetable Patch Collection	AM Chefs Demonstration  PM Trip - Walk to Café Knitting Club	AM Card Games Sensory Games on Dementia Floor  PM Musical Entertainment	AM Play your Cards Right Painting  PM Name the Song	AM Church Service Flower Arranging  PM Films in the Playhouse
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT	10AM Wellbeing Check-In  10.30AM BridgeFit 1st Floor  11.20AM BridgeFit 2nd Floor  2.00PM - 3.00PM 1-to-1/Group Gym Session		10AM Wellbeing Check-In  10.30AM BridgeFit 1st Floor  11.20AM BridgeFit 2nd Floor  2.00PM - 3.00PM 1-to-1/Group Gym Session		10AM Wellbeing Check-In  10.30AM BridgeFit 1st Floor  11.20AM BridgeFit 2nd Floor  11.50AM - 12.30PM 1-to-1/Group Gym Session		
SALON/SPA	9.30AM - 2.00PM Hairdresser  8.30AM - 2.30PM Spa Therapy	9.30AM - 2.00PM Hairdresser  8.30AM - 2.30PM Spa Therapy	9.30AM - 2.00PM Hairdresser	9.30AM - 2.00PM Hairdresser  8.30AM - 2.30PM Spa Therapy			

## WEEK 2



# 13-19 JANUARY 2025 | EVENTS & ACTIVITIES

	MONDAY 13TH	TUESDAY 14TH	WEDNESDAY 15TH	THURSDAY 16TH	FRIDAY 17TH	SATURDAY 18TH	SUNDAY 19TH
HIGHLIGHT	PM HALL PLACE WINTER WALK		PM AFTERNOON AT THE SPA	AM CHURCH SERVICE AT THE BRIDGE	PM ANIMAL THERAPY		
ACTIVITIES	<b>AM</b> A Day in the Life - The Gallery, Cocktails  <b>PM</b> Trip - Hall Place Walk Men's Club in The Gallery - Beer & Darts	<b>AM</b> Board Games 1-to-1 Resident's Choice  <b>PM</b> Cheese & Wine Tasting in The Gallery	<b>AM</b> Sensory Games - What's in the Box?  <b>PM</b> Trip - Spa Reading Club	<b>AM</b> In the Papers Guess Who Game Church Service  <b>PM</b> General Knowledge Quiz	<b>AM</b> Horse Racing Game Scrabble  <b>PM</b> Animal Therapy Visit	<b>AM</b> Music Tributes Arts & Crafts  <b>PM</b> Cooking Club - Soup for Dinner	<b>AM</b> Church Service In the Papers Family Brunch & Coffee  <b>PM</b> Board Games
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT	<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>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>10AM</b> Wellbeing Check-In  <b>10.30AM</b> BridgeFit 1st Floor  <b>11.20AM</b> BridgeFit 2nd Floor  <b>11.50AM - 12.30PM</b> 1-to-1/Group Gym Session		
SALON/SPA	<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	<b>9.30AM - 2.00PM</b> Hairdresser	<b>9.30AM - 2.00PM</b> Hairdresser  <b>8.30AM - 2.30PM</b> Spa Therapy			

## WEEK 3



## 20-26 JANUARY 2025 | EVENTS & ACTIVITIES

	MONDAY 20TH	TUESDAY 21ST	WEDNESDAY 22ND	THURSDAY 23RD	FRIDAY 24TH	SATURDAY 25TH	SUNDAY 26TH
HIGHLIGHT	1.15PM LONDON EYE	PM ARTS & CRAFTS	PM MUSIC BY PETTY COATS		PM MUSIC BY GROOVESTAR	PM BLUEWATER SHOPPING TRIP	PM MARKET TRIP
ACTIVITIES	<b>AM</b> Walking Club - Around the Gardens  <b>PM</b> Trip - London Eye Old Classic & Drinks in The Gallery	<b>AM</b> Song Quiz Films in the Playhouse  <b>PM</b> Arts & Crafts Sing-A-Long Through the Years	<b>AM</b> Puzzles Hand Massages  <b>PM</b> Musical Entertainment	<b>AM</b> 1-to-1 Interactions Ladies Club - Nails  <b>PM</b> Coffee & Chatter	<b>AM</b> Arts & Crafts - Flowers 1-to-1 Interactions  <b>PM</b> Musical Entertainment	<b>AM</b> Trip - Bluewater Chefs Demonstration  <b>PM</b> Family Pub Quiz	<b>AM</b> Church Service Films in the Playhouse  <b>PM</b> Trip - the Market
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT	<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>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>10AM</b> Wellbeing Check-In  <b>10.30AM</b> BridgeFit 1st Floor  <b>11.20AM</b> BridgeFit 2nd Floor  <b>11.50AM - 12.30PM</b> 1-to-1/Group Gym Session		
SALON/SPA	<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	<b>9.30AM - 2.00PM</b> Hairdresser	<b>9.30AM - 2.00PM</b> Hairdresser  <b>8.30AM - 2.30PM</b> Spa Therapy			

HIGHLIGHT: 20TH JANUARY 2025 - OLD CLASSIC & DRINKS  
WEEK 4



## 27-31 JANUARY 2025 | EVENTS & ACTIVITIES

	MONDAY 27TH	TUESDAY 28TH	WEDNESDAY 29TH	THURSDAY 30TH	FRIDAY 31ST		
HIGHLIGHT	PM SEDIR RESTAURANT FOR LUNCH	PM ARTS & CRAFTS		PM DICKENS HOUSE MUSEUM	PM MUSIC BY EMMA GOODY		
ACTIVITIES	<b>AM</b> 1-to-1 Interactions Arts & Crafts - Bird Feeders  <b>PM</b> Trip - Sedir Restaurant Word Association Games	<b>AM</b> Men's Tool Sorting Arts & Crafts  <b>PM</b> Board Games	<b>AM</b> Arts & Crafts - Clay Modelling  <b>PM</b> General Knowledge Quiz A Day in the Life - Reception	<b>AM</b> Darts Competition  <b>PM</b> Trip - Dickens House Museum Cocktail Making	<b>AM</b> In the Papers Tea Tasting in The Gallery Open Doors 10am-2pm  <b>PM</b> Cooking Club Musical Entertainment		
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing		
BRIDGEFIT	<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>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>10AM</b> Wellbeing Check-In  <b>10.30AM</b> BridgeFit 1st Floor  <b>11.20AM</b> BridgeFit 2nd Floor  <b>11.50AM - 12.30PM</b> 1-to-1/Group Gym Session		
SALON/SPA	<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	<b>9.30AM - 2.00PM</b> Hairdresser	<b>9.30AM - 2.00PM</b> Hairdresser  <b>8.30AM - 2.30PM</b> Spa Therapy			

WEEK 5