



1 - 2 MARCH 2025 | EVENTS & ACTIVITIES

						SATURDAY 1ST	SUNDAY 2ND
HIGHLIGHT						AM MEDITATION / BREATHING	AM CHURCH SERVICE AT THE BRIDGE
ACTIVITIES						AM Day in the Life - The Gallery Meditation & Breathing PM Sudoku Needlework/Crochet	AM Church Service Gentle Chair Exercises PM Cooking Club - Baking Poems
CINEMA						9am - Cricket	Film Showing
BRIDGEFIT							
SALON/SPA							

WEEK 1



3 - 9 MARCH 2025 | EVENTS & ACTIVITIES

	MONDAY 3RD	TUESDAY 4TH	WEDNESDAY 5TH	THURSDAY 6TH	FRIDAY 7TH	SATURDAY 8TH	SUNDAY 9TH
HIGHLIGHT	PM MUSICAL ENTERTAINMENT	PM TRIP - TANK MUSEUM	PM CHEFS DEMONSTRATION	PM CHURCH SERVICE AT THE BRIDGE	AM TRIP - DUXFORD MUSEUM	PM ARTS & CRAFTS - JEWELLERY MAKING	PM TRIP - WINTER WALK
ACTIVITIES	<p>AM Trip - Winter Walk Word Association Games</p> <p>PM iPad Lessons Musical Entertainment - Cockney Knights</p>	<p>AM Trip - Tank Museum Arts & Crafts</p> <p>PM Cooking Club - Pancakes Podcast Listening</p>	<p>AM Scrabble Day in the Life - Kitchen</p> <p>PM Bridge Game Chefs Demonstration</p>	<p>AM Gardening Club - Flower Arranging Meditation & Breathing</p> <p>PM 1-to-1 Sessions Church Service</p>	<p>AM Trip - Duxford Museum Meditation & Breathing</p> <p>PM Cooking Club - Baking Trivia</p>	<p>AM Film in Playhouse Cinema Bingo in Dining Room</p> <p>PM Card Games Arts & Crafts - Jewellery Making</p>	<p>AM Story Telling Session Who Has The Best Jokes?</p> <p>PM General Knowledge Quiz Winter Walk</p>
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	3pm - Rugby
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 MARCH 2025 | EVENTS & ACTIVITIES

	MONDAY 10TH	TUESDAY 11TH	WEDNESDAY 12TH	THURSDAY 13TH	FRIDAY 14TH	SATURDAY 15TH	SUNDAY 16TH
HIGHLIGHT	PM TRIP - WINE TOUR	AM YOGA WITH STEPHANIE	PM ARTS & CRAFTS	AM TRIP - CABLE CARS OVER THE THAMES	PM CHEFS DEMONSTRATION	AM MEDITATION / BREATHING	AM COFFEE CATCH UP IN THE GALLERY
ACTIVITIES	<p>AM Gardening Club - Spring Dominos</p> <p>PM Trip - Wine Tour 1-to-1 Sessions</p>	<p>AM Book Club Yoga with Stephanie</p> <p>PM Arts & Crafts Cooking Club - Baking</p>	<p>AM Sudoku Rummy</p> <p>PM Arts & Crafts Men's Club</p>	<p>AM Trip - Winter Walk Trip - Cable Cars over The Thames</p> <p>PM General Knowledge Quiz Arts & Crafts - Candles</p>	<p>AM Flower Arranging Day in the Life - Laundry</p> <p>PM Chefs Demonstration</p>	<p>AM Meditation & Breathing Guess the Film</p> <p>PM Podcast Listening Bingo</p>	<p>AM Coffee & Catch Up Cooking Club - Desserts</p> <p>PM Horse Racing Game 1-to-1 Sessions</p>
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	4.15pm - Rugby	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>			



17-23 MARCH 2025 | EVENTS & ACTIVITIES

	MONDAY 17TH	TUESDAY 18TH	WEDNESDAY 19TH	THURSDAY 20TH	FRIDAY 21ST	SATURDAY 22ND	SUNDAY 23RD
HIGHLIGHT	PM ANIMAL THERAPY	AM TRIP - WINTER WALK	PM TRIP - ELTHAM HYDRO POOL	PM MUSICAL ENTERTAINMENT	AM ESCAPE ROOM	PM TRIP - BOWLING	PM TRIP - PUB FOR GAMES & A PINT
ACTIVITIES	<p>AM 1-to-1 Sessions Group Hang Man</p> <p>PM Animal Therapy Throw & Tell Ball Game</p>	<p>AM Trip - Winter Walk Meditation & Breathing</p> <p>PM Day in the Life - Admin</p>	<p>AM Trip - Eltham Hydro Pool Puzzles</p> <p>PM Chefs Demonstration Wine & Cheese in The Gallery</p>	<p>AM Gardening Club How Many Words in a Word</p> <p>PM Puzzles Musical Entertainment with Sarah Barker</p>	<p>AM Sensory Games Musical Bingo</p> <p>PM iPad Lessons In the Papers</p>	<p>AM Knitting Club 1-to-1 Sessions</p> <p>PM Trip - Bowling Smoothie Making</p>	<p>AM Word Searches Arts & Crafts - Lavender Bags</p> <p>PM Cooking Club - Baking Trip - Pub for Games & a Pint</p>
CINEMA	Film Showing	Film Showing	Film Showing	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 4



24 - 28 MARCH 2025 | EVENTS & ACTIVITIES

	MONDAY 24TH	TUESDAY 25TH	WEDNESDAY 26TH	THURSDAY 27TH	FRIDAY 28TH	SATURDAY 29TH	SUNDAY 30TH
HIGHLIGHT	AM ARTS & CRAFTS - POTTERY	PM COCKTAIL MAKING	PM ARTS & CRAFTS	PM TRIP - WHEELCHAIR ICE SKATING	AM FLOWER ARRANGING	PM MEDITATION / BREATHING	PM MOTHER'S DAY EVENT
ACTIVITIES	AM Trivia Explaining Your Roots PM Arts & Crafts - Pottery Birdwatching	AM Arts & Crafts Podcast Listening PM Cocktail Making with Nathan Reminiscing Sing-Along	AM Arts & Crafts - Scrapbooking Hand Massages PM Cooking Club - Baking Arts & Crafts	AM Music Appreciation Trip - Winter Walk PM Trip - Wheelchair Ice Skating Sensory Game	AM Flower Arranging Painting PM Rummy Card Game Chefs Demonstration	AM Puzzles Gardening Club - Spring PM Day in the Life - Housekeeping Meditation & Breathing	AM Mother's Day Coffee in The Gallery Arts & Crafts - Cards PM Disco Mother's Day Afternoon Tea
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT	10AM Wellbeing Check-In 10.30AM - 11.15AM BridgeFit 1st Floor 11.30AM - 12.00PM BridgeFit 2nd Floor 1.30PM - 3.15PM 1-to-1/Group Gym Session		10AM Wellbeing Check-In 10.30AM - 11.15AM BridgeFit 1st Floor 11.30AM - 12.00PM BridgeFit 2nd Floor 1.30PM - 3.15PM 1-to-1/Group Gym Session		10AM Wellbeing Check-In 10.30AM - 11.00AM BridgeFit 1st Floor 11.05AM - 11.35PM BridgeFit 2nd Floor 11.40AM - 12.30PM 1-to-1		
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 8.30AM - 2.30PM Spa Therapy			

HIGHLIGHT: 30TH MARCH 2025 - MOTHER'S DAY EVENT
WEEK 5



31 MARCH 2025 | EVENTS & ACTIVITIES

	MONDAY 31ST						
HIGHLIGHT	PM BINGO IN THE GALLERY						
ACTIVITIES	AM Tea, Cake & Natter iPad Lesson PM Chefs Demonstration Bingo in The Gallery						
CINEMA	Film Showing						
BRIDGEFIT	10AM Wellbeing Check-In 10.30AM - 11.15AM BridgeFit 1st Floor 11.30AM - 12.00PM BridgeFit 2nd Floor 1.30PM - 3.15PM 1-to-1/Group Gym Session						
SALON/SPA	9.30AM - 2.00PM Hairdresser 8.30AM - 2.30PM Spa Therapy						