



1 - 4 MAY 2025 | EVENTS & ACTIVITIES

				THURSDAY 1ST	FRIDAY 2ND	SATURDAY 3RD	SUNDAY 4TH
HIGHLIGHT				AM ZIMMER ZUMBA	AM TRIP - WOLF PUB LUNCH	PM PING PONG	PM PAINT & SIP
ACTIVITIES				AM Arts & Crafts Zimmer Zumba PM Church Service 1-to-1 Sessions	AM Guess the Tune Trip - Wolf Pub Lunch by Lake PM Chef Demonstration Karaoke	AM Yoga Walk & Talk PM Bingo Ping Pong	AM Coffee Morning & Catch Up Knitting Club PM Puzzles & Card Games Paint & Sip
CINEMA				Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT					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				9.00AM - 2.30PM Hairdresser			



5-11 MAY 2025 | EVENTS & ACTIVITIES

	MONDAY 5TH	TUESDAY 6TH	WEDNESDAY 7TH	THURSDAY 8TH	FRIDAY 9TH	SATURDAY 10TH	SUNDAY 11TH
HIGHLIGHT	PM MUSICAL ENTERTAINMENT	AM TRIP - SISSINGHURST CASTLE	AM CREATIVE MOJO ARTS & CRAFTS	PM MUSICAL ENTERTAINMENT	AM TRIP - GOLF DRIVING RANGE	AM COFFEE MORNING	PM PUB QUIZ IN THE GALLERY
ACTIVITIES	AM Armchair Travel Perfum/Aftershave Making PM Musical Entertainment with James Steen 1-to-1 Sessions	AM Trip - Sissinghurst Castle Balloon Badminton PM Gardening Club Zimmer Zumba	AM A Day in the Life - Events Karaoke PM Arts & Crafts Turn a Phrase Game	AM VE Day Music A Trip Down Memory Lane PM VE Day Arts & Crafts Musical Entertainment with Emma Goodday	AM Trip - Golf Driving Range Garden Games PM Jewellery Making Sensory Session	AM Coffee Morning in the Gallery Garden Games PM Chef Demonstration Bingo	AM Games & Puzzles Arts & Crafts PM Pub Quiz in the Gallery Throw & Talk Ball
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	9.00AM - 2.30PM Hairdresser	9.00AM - 2.30PM Hairdresser 9.00AM - 2.00PM Spa Therapy	9.00AM - 2.00PM Spa Therapy	9.00AM - 2.30PM Hairdresser			

WEEK 2



12-18 MAY 2025 | EVENTS & ACTIVITIES

	MONDAY 12TH	TUESDAY 13TH	WEDNESDAY 14TH	THURSDAY 15TH	FRIDAY 16TH	SATURDAY 17TH	SUNDAY 18TH
HIGHLIGHT	AM SOCIAL HUB	AM TRIP - IMMERSIVE ART EXHIBITION	AM CANDLE MAKING	PM MUSICAL ENTERTAINMENT	AM TRIP - HEVER CASTLE CRAFTS FAIR	PM ARMCHAIR TRAVEL	PM GARDEN DISCO
ACTIVITIES	AM Social Hub Simply Sensory PM Scrapbooking Walk & Talk	AM Trip - Immersive Art Exhibition Social Hub - Garden PM Indoor Bowling Music Appreciation	AM Candle Making Word Association Games PM Chef Demonstration Chair Yoga	AM Boules A Day in the Life - Housekeeping PM Musical Entertainment with Scott Elvis 1-to-1 Sessions	AM Trip - Hever Castle Crafts Fair Cooking Club - Baking PM Dance Workshop with Simon Guntrip	AM Show Your Best Moves Balloon Badminton PM Bingo Armchair Travel	AM Gardening Club Arts & Crafts PM Outdoor Games Garden Disco
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	5.30pm - FA Cup Final	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	9.00AM - 2.30PM Hairdresser	9.00AM - 2.30PM Hairdresser 9.00AM - 2.00PM Spa Therapy	9.00AM - 2.00PM Spa Therapy	9.00AM - 2.30PM Hairdresser			



19 - 25 MAY 2025 | EVENTS & ACTIVITIES

	MONDAY 19TH	TUESDAY 20TH	WEDNESDAY 21ST	THURSDAY 22ND	FRIDAY 23RD	SATURDAY 24TH	SUNDAY 25TH
HIGHLIGHT	AM TRIP - CHRISTMAS TREE FARM	PM MUSICAL ENTERTAINMENT	AM NATIONAL TEA DAY - GUESS THE TEA	PM COCKTAIL MAKING WITH NATHAN	AM CHOCOLATE MAKING WORKSHOP	AM COFFEE MORNING SOCIAL HUB	AM TRIP - MORNING WALK
ACTIVITIES	AM Trip -Xmas Tree Farm A Trip Down Memory Lane PM Darts Competition Gardening Club	AM Sensory Session Chef Demonstration PM Musical Entertainment with Ian Gallager	AM National Tea Day - Guess the Tea Zimmer Zumba PM Arts & Crafts 1-to-1 Sessions	AM A Day in the Life - Kitchen Men's Club PM Walk & Talk Cocktail Making	AM Chocolate Making Workshop Music Appreciation PM Lifesize Snakes & Ladders	AM Coffee Morning Social Hub in the Gallery Arts & Crafts PM Mindfulness	AM Trip - Morning Walk Bungo PM Jumbo Card Games Sing-Along
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	9.00AM - 2.30PM Hairdresser	9.00AM - 2.30PM Hairdresser 9.00AM - 2.00PM Spa Therapy	9.00AM - 2.00PM Spa Therapy	9.00AM - 2.30PM Hairdresser			



26 - 31 MAY 2025 | EVENTS & ACTIVITIES

	MONDAY 26TH	TUESDAY 27TH	WEDNESDAY 28TH	THURSDAY 29TH	FRIDAY 30TH	SATURDAY 31ST	
HIGHLIGHT	AM TRIP - KENT GARDEN SHOW	PM CHEESE & WINE TASTING	AM CRAZY GOLF IN THE GARDEN	AM TRIP - COLCHESTER ZOO	PM CIRCUS EVENING WITH KINETIC	AM BALLOON BADMINTON	
ACTIVITIES	AM Trip - Kent Garden Show Meditation & Breathing PM Garden Games 1-to-1 Sessions	AM Matching Memories Simple Sensory PM Music Appreciation Cheese & Wine Tasting	AM Knitting Club Crazy Golf in the Garden PM Chef Demonstration Zimmer Zumba	AM Trip - Colchester Zoo Guess the Taste PM Giant Games Guess the Tune	AM Music Appreciation Boules PM 6pm - Circus Evening with Kinetic	AM Armchair Travel Gardening Club PM Arts & Crafts Bingo	
CINEMA	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	9.00AM - 2.30PM Hairdresser	9.00AM - 2.30PM Hairdresser 9.00AM - 2.00PM Spa Therapy	9.00AM - 2.00PM Spa Therapy	9.00AM - 2.30PM Hairdresser			

HIGHLIGHT: 30TH MAY 2025 - CIRCUS EVENING WITH KINETIC
WEEK 5