



1-5 OCTOBER 2025 | EVENTS & ACTIVITIES

			WEDNESDAY 1ST	THURSDAY 2ND	FRIDAY 3RD	SATURDAY 4TH	SUNDAY 5TH
HIGHLIGHT			AM MORNING STRETCHES	AM ARTS & CRAFTS	AM TRIP - ELTHAM PALACE & GARDENS	PM SOCIAL HUB	PM GOLDEN OLDIES KARAOKE
ACTIVITIES			AM Morning Stretches Mobility Games PM Chef Demonstration Quiz	AM What's In The News? Arts & Crafts PM Cinema Afternoon Flower Arranging	AM Trip - Eltham Palace & Gardens Card Games PM Afternoon Walk - Leaf Collecting 1-to-1 Sessions	AM Harvest Wishing Tree Sensory Food Tasting PM Cocktails & Mocktails In The Gallery Social Hub	AM Church Service Coffee Morning PM Harvest Festival Baskets Golden Oldies Karaoke
CINEMA			Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT			10AM Wellbeing Talk 1 st Floor 10.30AM - 11.15AM BridgeFit 1 st Floor 11.20AM - 12.00PM BridgeFit 2 nd Floor 12.00PM - 12.30PM 1-to-1 w/Jane 2 nd Floor 1.30PM - 3.30PM 1-to-1 w/Jane		10AM Wellbeing Talk 1 st Floor 10.30AM - 11.15AM BridgeFit 1 st Floor 11.20AM - 12.00PM BridgeFit 2 nd Floor 10.30AM - 12.30PM 1-to-1 w/Lewis 1.30PM - 2.30PM 1-to-1 w/Jane		
SALON/SPA			10.00AM - 4.00PM Hairdresser 9.00AM - 1.00PM Spa Therapy	9.00AM - 2.30PM Hairdresser 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser	

WEEK 1



6-12 OCTOBER 2025 | EVENTS & ACTIVITIES

	MONDAY 6TH	TUESDAY 7TH	WEDNESDAY 8TH	THURSDAY 9TH	FRIDAY 10TH	SATURDAY 11TH	SUNDAY 12TH
HIGHLIGHT	AM SWIMMING	AM ARMCHAIR TRAVEL	PM CREATIVE MOJO	AM TRIP - PUB LUNCH	PM CHEF DEMONSTRATION	PM FAMILY GAMES AFTERNOON	AM CHURCH SERVICE
ACTIVITIES	AM Swimming Indoor Herb Planting PM Arts & Crafts Indoor Games	AM Armchair Travel Name That Tune PM Table Top Games Indoor Gardening	AM Music Appreciation Baking Club PM Creative Mojo Pen Pal Writing	AM Reminiscence Morning Trip - Pub Lunch PM Homemade Greeting Cards Shuffle Board	AM Memory Lane Vision Boards Puzzle Club PM Chef Demonstration Sensory Session	AM Zimmer Zumba Mindfulness PM Family Games Afternoon	AM Church Service Morning Walk PM Autumn Wreath Making
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT	10AM Wellbeing Talk 1 st Floor 10.30AM - 11.15AM BridgeFit 1 st Floor 11.20AM - 12.00PM BridgeFit 2 nd Floor 12.00PM - 12.30PM 1-to-1 w/Jane 2 nd Floor 1.30PM - 3.30PM 1-to-1 w/Jane	10.30AM - 12.30PM 1-to-1 w/Lewis	10AM Wellbeing Talk 1 st Floor 10.30AM - 11.15AM BridgeFit 1 st Floor 11.20AM - 12.00PM BridgeFit 2 nd Floor 12.00PM - 12.30PM 1-to-1 w/Jane 2 nd Floor 1.30PM - 3.30PM 1-to-1 w/Jane		10AM Wellbeing Talk 1 st Floor 10.30AM - 11.15AM BridgeFit 1 st Floor 11.20AM - 12.00PM BridgeFit 2 nd Floor 10.30AM - 12.30PM 1-to-1 w/Lewis 1.30PM - 2.30PM 1-to-1 w/Jane		
SALON/SPA	9.00AM - 2.30PM Hairdresser 9.00AM - 3.00PM Nail Technician	9.00AM - 4.00PM Hairdresser 9.00AM - 3.00PM Spa Therapy 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser 9.00AM - 1.00PM Spa Therapy	9.00AM - 2.30PM Hairdresser 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser	



13-19 OCTOBER 2025 | EVENTS & ACTIVITIES

	MONDAY 13TH	TUESDAY 14TH	WEDNESDAY 15TH	THURSDAY 16TH	FRIDAY 17TH	SATURDAY 18TH	SUNDAY 19TH
HIGHLIGHT	PM MUSICAL ENTERTAINMENT	AM ANIMAL ENCOUNTERS	PM TRIP - SHOPPING AFTERNOON	PM CHURCH SERVICE IN THE HOME	AM AUTUMN WALK	PM SING-ALONG SATURDAY	AM CHURCH SERVICE
ACTIVITIES	AM Reminiscence Session Pottery & Clay Making Session PM Musical Entertainment	AM 1-to1 Sessions Animal Encounters with Children's Group PM Team Games Name That Tune	AM Board Games Cafe Bingo PM Trip - Shopping Bowling	AM Memory Lane Melodies Word In A Word PM Church Service Balloon Volleyball	AM Autumn Walk Arts & Crafts PM Team Games Hot Chocolate & Natter	AM Scarecrow Making Weekend Craft Club PM Sing-Along Saturday Cinema Afternoon	AM Church Service Bingo PM Autumn Arts & Crafts Treasure Hunt Game
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT	10AM Wellbeing Talk 1st Floor 10.30AM - 11.15AM BridgeFit 1st Floor 11.20AM - 12.00PM BridgeFit 2nd Floor 12.00PM - 12.30PM 1-to-1 w/Jane 2nd Floor 1.30PM - 3.30PM 1-to-1 w/Jane	10.30AM - 12.30PM 1-to-1 w/Lewis	10AM Wellbeing Talk 1st Floor 10.30AM - 11.15AM BridgeFit 1st Floor 11.20AM - 12.00PM BridgeFit 2nd Floor 12.00PM - 12.30PM 1-to-1 w/Jane 2nd Floor 1.30PM - 3.30PM 1-to-1 w/Jane		10AM Wellbeing Talk 1st Floor 10.30AM - 11.15AM BridgeFit 1st Floor 11.20AM - 12.00PM BridgeFit 2nd Floor 10.30AM - 12.30PM 1-to-1 w/Lewis 1.30PM - 2.30PM 1-to-1 w/Jane		
SALON/SPA	9.00AM - 2.30PM Hairdresser 9.00AM - 3.00PM Nail Technician	9.00AM - 4.00PM Hairdresser 9.00AM - 3.00PM Spa Therapy 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser 9.00AM - 1.00PM Spa Therapy	9.00AM - 2.30PM Hairdresser 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser	



20-26 OCTOBER 2025 | EVENTS & ACTIVITIES

	MONDAY 20TH	TUESDAY 21ST	WEDNESDAY 22ND	THURSDAY 23RD	FRIDAY 24TH	SATURDAY 25TH	SUNDAY 26TH
HIGHLIGHT	3PM DIWALI CELEBRATIONS	AM TRIP - HORNIMANS MUSEUM	PM CREATIVE MOJO	AM TRIP - KENT LIFE HALLOWEEN EVENT	PM MUSICAL ENTERTAINMENT	PM FAMILY PUB QUIZ AFTERNOON	PM BREAKFAST AT TIFFANY'S TEA PARTY
ACTIVITIES	AM Bingo Arts & Crafts PM DIWALI CELEBRATIONS	AM Trip - Hornimans Museum Table Top Games PM Sports Games Competition Social Hub	AM Card Games Create A Herb Garden PM Creative Mojo 1-to1 Sessions	AM Trip - Kent Life Halloween Event Zimmer Zumba PM Chef Demonstration	AM Indoor Mini Golf Puzzle Club PM Musical Entertainment Cheese & Wine In The Gallery	AM Weekend Craft Club Show Your Best Moves PM Family Pub Quiz Afternoon	AM Church Service Who Am I? PM Breakfast at Tiffany's Tea Party Dominos Bingo
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT	10AM Wellbeing Talk 1 st Floor 10.30AM - 11.15AM BridgeFit 1 st Floor 11.20AM - 12.00PM BridgeFit 2 nd Floor 12.00PM - 12.30PM 1-to-1 w/Jane 2 nd Floor 1.30PM - 3.30PM 1-to-1 w/Jane	10.30AM - 12.30PM 1-to-1 w/Lewis	10AM Wellbeing Talk 1 st Floor 10.30AM - 11.15AM BridgeFit 1 st Floor 11.20AM - 12.00PM BridgeFit 2 nd Floor 12.00PM - 12.30PM 1-to-1 w/Jane 2 nd Floor 1.30PM - 3.30PM 1-to-1 w/Jane		10AM Wellbeing Talk 1 st Floor 10.30AM - 11.15AM BridgeFit 1 st Floor 11.20AM - 12.00PM BridgeFit 2 nd Floor 10.30AM - 12.30PM 1-to-1 w/Lewis 1.30PM - 2.30PM 1-to-1 w/Jane		
SALON/SPA	9.00AM - 2.30PM Hairdresser 9.00AM - 3.00PM Nail Technician	9.00AM - 4.00PM Hairdresser 9.00AM - 3.00PM Spa Therapy 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser 9.00AM - 1.00PM Spa Therapy	9.00AM - 2.30PM Hairdresser 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser	

HIGHLIGHT: 20TH SEPTEMBER 2025 - DIWALI CELEBRATIONS
WEEK 4



27-31 OCTOBER 2025 | EVENTS & ACTIVITIES

	MONDAY 27TH	TUESDAY 28TH	WEDNESDAY 29TH	THURSDAY 30TH	FRIDAY 31ST		
HIGHLIGHT	AM BAKING CLUB	PM KIDDLEY DIVEY SESSION	AM TRIP - STANHILL FARM PUMPKIN PATCH	PM JUST DANCE WITH BERENICE	PM HALLOWEEN PARTY		
ACTIVITIES	AM Giant Games Baking Club - Caramel/ Chocolate Apples PM Chef Demonstration Arts & Crafts	AM Cinema Moring Ice Cream Floats PM Kiddley Divey Session October-Fest Beer Tasting	AM Trip - Stanhill Farm Pumpkin Patch Halloween Biscuits PM Spooky Sensory Games 1-to1 Sessions	AM Pumpkin Painting Scrapbooking PM Just Dance with Berenice Team Games	AM Halloween Decorating Pass The Pumpkin PM Halloween Party For Families & Residents		
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing		
BRIDGEFIT	10AM Wellbeing Talk 1 st Floor 10.30AM - 11.15AM BridgeFit 1 st Floor 11.20AM - 12.00PM BridgeFit 2 nd Floor 12.00PM - 12.30PM 1-to-1 w/Jane 2 nd Floor 1.30PM - 3.30PM 1-to-1 w/Jane	10.30AM - 12.30PM 1-to-1 w/Lewis	10AM Wellbeing Talk 1 st Floor 10.30AM - 11.15AM BridgeFit 1 st Floor 11.20AM - 12.00PM BridgeFit 2 nd Floor 12.00PM - 12.30PM 1-to-1 w/Jane 2 nd Floor 1.30PM - 3.30PM 1-to-1 w/Jane		10AM Wellbeing Talk 1 st Floor 10.30AM - 11.15AM BridgeFit 1 st Floor 11.20AM - 12.00PM BridgeFit 2 nd Floor 10.30AM - 12.30PM 1-to-1 w/Lewis 1.30PM - 2.30PM 1-to-1 w/Jane		
SALON/SPA	9.00AM - 2.30PM Hairdresser 9.00AM - 3.00PM Nail Technician	9.00AM - 4.00PM Hairdresser 9.00AM - 3.00PM Spa Therapy 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser 9.00AM - 1.00PM Spa Therapy	9.00AM - 2.30PM Hairdresser 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser 9.00AM - 3.00PM Nail Technician		

WEEK 5