



# 1-7 DECEMBER 2025 | EVENTS & ACTIVITIES

	MONDAY 1ST	TUESDAY 2ND	WEDNESDAY 3RD	THURSDAY 4TH	FRIDAY 5TH	SATURDAY 6TH	SUNDAY 7TH
HIGHLIGHT	PM TRIP - OWL ADVENTURES	PM CHRISTMAS FILM IN PLAYHOUSE CINEMA	PM CREATIVE MOJO ARTS & CRAFTS	PM TRIP - SILVER BIRCH LUNCH CLUB	AM TRIP - BEXLEYHEATH CHRISTMAS MARKET	PM MUSICAL ENTERTAINMENT	AM CHURCH SERVICE
ACTIVITIES	<p>AM Xmas Wreath Making Card Games</p> <p>PM Trip - Owl Adventures Word In A Word</p>	<p>AM Yule Log Making Christmas Carol Quiz</p> <p>PM Christmas Film Christmas Card Making</p>	<p>AM Elf Day Water Painting</p> <p>PM Creative Mojo Christmas Wordsearch</p>	<p>AM Christmas Memories Who Am I?</p> <p>PM Trip - Silver Birch Zimmer Zumba</p>	<p>AM Trip - Xmas Market Parachute Games</p> <p>PM Musical Bingo Movie Afternoon</p>	<p>AM Quiz Flower Arranging</p> <p>PM Musical Entertainment 1-to-1 Sessions</p>	<p>AM Church Service Sunday Hymns</p> <p>PM Sunday Matinee 1-to-1 Sessions</p>
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT	<p>10AM Wellbeing Talk 1<sup>st</sup> Floor</p> <p>10.30AM - 11.15AM BridgeFit 1<sup>st</sup> Floor</p> <p>11.20AM - 12.00PM BridgeFit 2<sup>nd</sup> Floor</p> <p>12.00PM - 12.30PM 1-to-1 w/Jane 2<sup>nd</sup> Floor</p> <p>1.30PM - 3.30PM 1-to-1 w/Jane</p>	<p>10.30AM - 12.30PM 1-to-1 w/Lewis</p>	<p>10AM Wellbeing Talk 1<sup>st</sup> Floor</p> <p>10.30AM - 11.15AM BridgeFit 1<sup>st</sup> Floor</p> <p>11.20AM - 12.00PM BridgeFit 2<sup>nd</sup> Floor</p> <p>12.00PM - 12.30PM 1-to-1 w/Jane 2<sup>nd</sup> Floor</p> <p>1.30PM - 3.30PM 1-to-1 w/Jane</p>	<p>10AM Wellbeing Talk 1<sup>st</sup> Floor</p> <p>10.30AM - 11.15AM BridgeFit 1<sup>st</sup> Floor</p> <p>11.20AM - 12.00PM BridgeFit 2<sup>nd</sup> Floor</p> <p>10.30AM - 12.30PM 1-to-1 w/Lewis</p> <p>1.30PM - 2.30PM 1-to-1 w/Jane</p>			
SALON/SPA	<p>9.00AM - 2.30PM Hairdresser</p> <p>9.30AM - 3.30PM Spa Therapy</p>	<p>9.00AM - 4.00PM Hairdresser</p> <p>9.00AM - 3.00PM Nail Technician</p>	<p>10.00AM - 4.00PM Hairdresser</p> <p>9.30AM - 2.30PM Spa Therapy</p> <p>9.00AM - 3.00PM Nail Technician</p>	<p>9.00AM - 2.30PM Hairdresser</p> <p>9.30AM - 2.30PM Spa Therapy</p> <p>9.00AM - 1.00PM Nail Technician</p>	<p>10.00AM - 4.00PM Hairdresser</p>	<p>10.00AM - 4.00PM Hairdresser</p>	

WEEK 1



# 8 - 14 DECEMBER 2025 | EVENTS & ACTIVITIES

	MONDAY 8TH	TUESDAY 9TH	WEDNESDAY 10TH	THURSDAY 11TH	FRIDAY 12TH	SATURDAY 13TH	SUNDAY 14TH
HIGHLIGHT	AM TRIP - CHRISTMAS SHOPPING	AM RISE SPORTS	PM CAROL SERVICE WITH DARTFORD GRAMMAR	AM TRIP - RUXLEY GARDEN CENTRE	PM JUST DANCE WITH BERENICE	PM CHRISTMAS FETE	AM CHURCH SERVICE
ACTIVITIES	<p>AM Trip - Xmas Shopping Arts &amp; Crafts</p> <p>PM Scrabble Chef Demonstration</p>	<p>AM Rise Sports What's In The Bag?</p> <p>PM Kiddley Divey 1-to-1 Sessions</p>	<p>AM Higher/Lower Game Name That Tune</p> <p>PM Carol Service with Dartford Grammar</p>	<p>AM Trip - Garden Centre Table Games</p> <p>PM Zimmer Zumba Christmas Movie</p>	<p>AM Baking Club Temple Hill School Visit</p> <p>PM Just Dance Mocktail Making</p>	<p>AM 1-to-1 Sessions Fete Preparations</p> <p>PM CHRISTMAS FETE</p>	<p>AM Church Service Sunday Hymns</p> <p>PM Christmas Sing-Along Matching Memories</p>
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT	<p>10AM Wellbeing Talk 1<sup>st</sup> Floor</p> <p>10.30AM - 11.15AM BridgeFit 1<sup>st</sup> Floor</p> <p>11.20AM - 12.00PM BridgeFit 2<sup>nd</sup> Floor</p> <p>12.00PM - 12.30PM 1-to-1 w/Jane 2<sup>nd</sup> Floor</p> <p>1.30PM - 3.30PM 1-to-1 w/Jane</p>	<p>10.30AM - 12.30PM 1-to-1 w/Lewis</p>	<p>10AM Wellbeing Talk 1<sup>st</sup> Floor</p> <p>10.30AM - 11.15AM BridgeFit 1<sup>st</sup> Floor</p> <p>11.20AM - 12.00PM BridgeFit 2<sup>nd</sup> Floor</p> <p>12.00PM - 12.30PM 1-to-1 w/Jane 2<sup>nd</sup> Floor</p> <p>1.30PM - 3.30PM 1-to-1 w/Jane</p>		<p>10AM Wellbeing Talk 1<sup>st</sup> Floor</p> <p>10.30AM - 11.15AM BridgeFit 1<sup>st</sup> Floor</p> <p>11.20AM - 12.00PM BridgeFit 2<sup>nd</sup> Floor</p> <p>10.30AM - 12.30PM 1-to-1 w/Lewis</p> <p>1.30PM - 2.30PM 1-to-1 w/Jane</p>		
SALON/SPA	<p>9.00AM - 2.30PM Hairdresser</p> <p>9.30AM - 3.30PM Spa Therapy</p>	<p>9.00AM - 4.00PM Hairdresser</p> <p>9.00AM - 3.00PM Nail Technician</p>	<p>10.00AM - 4.00PM Hairdresser</p> <p>9.30AM - 2.30PM Spa Therapy</p> <p>9.00AM - 1.00PM Nail Technician</p>	<p>9.00AM - 2.30PM Hairdresser</p> <p>9.30AM - 2.30PM Spa Therapy</p> <p>9.00AM - 3.00PM Nail Technician</p>	<p>10.00AM - 4.00PM Hairdresser</p>	<p>10.00AM - 4.00PM Hairdresser</p>	

HIGHLIGHT: 13TH DECEMBER 2025 - CHRISTMAS FETE  
WEEK 4



# 15 - 21 DECEMBER 2025 | EVENTS & ACTIVITIES

	MONDAY 15TH	TUESDAY 16TH	WEDNESDAY 17TH	THURSDAY 18TH	FRIDAY 19TH	SATURDAY 20TH	SUNDAY 21ST
HIGHLIGHT	AM VIRTUAL REALITY THERAPY	AM TRIP - LAKESIDE SHOPPING CENTRE	AM MUSICAL ENTERTAINMENT	PM SALVATION ARMY SINGING CAROLS	PM CHEF DEMONSTRATION	AM CHRISTMAS SPECTACULAR SHOW	AM CHURCH SERVICE
ACTIVITIES	<p><b>AM</b> VR Therapy 1-to-1 Sessions</p> <p><b>PM</b> Arts &amp; Crafts Mobility Games</p>	<p><b>AM</b> Chair Yoga Trip - Lakeside</p> <p><b>PM</b> Haberdashers' Trip Pick A Singer</p>	<p><b>AM</b> Musical Entertainment Father Christmas Visit</p> <p><b>PM</b> Creative Mojo Guess The Profession</p>	<p><b>AM</b> Memory Lane Melodies Zimmer Zumba</p> <p><b>PM</b> Salvation Army Carols Church Service</p>	<p><b>AM</b> Christmas Karaoke Paint By Numbers</p> <p><b>PM</b> Puzzles Chef Demonstration</p>	<p><b>AM</b> Christmas Show 1-to-1 Sessions</p> <p><b>PM</b> Mince Pies &amp; Catch Up Christmas Movie</p>	<p><b>AM</b> Church Service Christmas Karaoke</p> <p><b>PM</b> Arts &amp; Crafts 1-to-1 Sessions</p>
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT	<p><b>10AM</b> Wellbeing Talk 1<sup>st</sup> Floor</p> <p><b>10.30AM - 11.15AM</b> BridgeFit 1<sup>st</sup> Floor</p> <p><b>11.20AM - 12.00PM</b> BridgeFit 2<sup>nd</sup> Floor</p> <p><b>12.00PM - 12.30PM</b> 1-to-1 w/Jane 2<sup>nd</sup> Floor</p> <p><b>1.30PM - 3.30PM</b> 1-to-1 w/Jane</p>	<p><b>10.30AM - 12.30PM</b> 1-to-1 w/Lewis</p>	<p><b>10AM</b> Wellbeing Talk 1<sup>st</sup> Floor</p> <p><b>10.30AM - 11.15AM</b> BridgeFit 1<sup>st</sup> Floor</p> <p><b>11.20AM - 12.00PM</b> BridgeFit 2<sup>nd</sup> Floor</p> <p><b>12.00PM - 12.30PM</b> 1-to-1 w/Jane 2<sup>nd</sup> Floor</p> <p><b>1.30PM - 3.30PM</b> 1-to-1 w/Jane</p>		<p><b>10AM</b> Wellbeing Talk 1<sup>st</sup> Floor</p> <p><b>10.30AM - 11.15AM</b> BridgeFit 1<sup>st</sup> Floor</p> <p><b>11.20AM - 12.00PM</b> BridgeFit 2<sup>nd</sup> Floor</p> <p><b>10.30AM - 12.30PM</b> 1-to-1 w/Lewis</p> <p><b>1.30PM - 2.30PM</b> 1-to-1 w/Jane</p>		
SALON/SPA	<p><b>9.00AM - 2.30PM</b> Hairdresser</p> <p><b>9.30AM - 3.30PM</b> Spa Therapy</p>	<p><b>9.00AM - 4.00PM</b> Hairdresser</p> <p><b>9.00AM - 3.00PM</b> Nail Technician</p>	<p><b>10.00AM - 4.00PM</b> Hairdresser</p> <p><b>9.30AM - 2.30PM</b> Spa Therapy</p> <p><b>9.00AM - 1.00PM</b> Nail Technician</p>	<p><b>9.00AM - 2.30PM</b> Hairdresser</p> <p><b>9.30AM - 2.30PM</b> Spa Therapy</p> <p><b>9.00AM - 3.00PM</b> Nail Technician</p>	<p><b>10.00AM - 4.00PM</b> Hairdresser</p>	<p><b>10.00AM - 4.00PM</b> Hairdresser</p>	

## WEEK 3



# 22-28 DECEMBER 2025 | EVENTS & ACTIVITIES

	MONDAY 22ND	TUESDAY 23RD	WEDNESDAY 24TH	THURSDAY 25TH	FRIDAY 26TH	SATURDAY 27TH	SUNDAY 28TH
HIGHLIGHT	PM CHRISTMAS PANTOMINE	PM MUSICAL ENTERTAINMENT	SEE FESTIVE SCHDULE	SEE FESTIVE SCHDULE	SEE FESTIVE SCHDULE	PM CHEF DEMONSTRATION	AM CHURCH SERVICE
ACTIVITIES	<b>AM</b> Bingo Baking Club  <b>PM</b> Christmas Panto Flower Arranging	<b>AM</b> Horse Racing Game Higher/Lower Game  <b>PM</b> Musical Entertainment Resident Gift Exchange				<b>AM</b> Dominos Memory Pairs  <b>PM</b> Chef Demonstration Classic Comedy	<b>AM</b> Church Service Win The Parcel  <b>PM</b> Movie Afternoon 1-to-1 Sessions
CINEMA	Film Showing	Film Showing				Film Showing	Film Showing
BRIDGEFIT	<b>10AM</b> Wellbeing Talk 1 <sup>st</sup> Floor  <b>10.30AM - 11.15AM</b> BridgeFit 1 <sup>st</sup> Floor  <b>11.20AM - 12.00PM</b> BridgeFit 2 <sup>nd</sup> Floor  <b>12.00PM - 12.30PM</b> 1-to-1 w/Jane 2 <sup>nd</sup> Floor  <b>1.30PM - 3.30PM</b> 1-to-1 w/Jane	<b>10.30AM - 12.30PM</b> 1-to-1 w/Lewis					
SALON/SPA	<b>9.00AM - 2.30PM</b> Hairdresser  <b>9.30AM - 3.30PM</b> Spa Therapy	<b>9.00AM - 4.00PM</b> Hairdresser	<b>10.00AM - 4.00PM</b> Hairdresser  <b>9.30AM - 2.30PM</b> Spa Therapy  <b>9.00AM - 1.00PM</b> Nail Technician	<b>9.00AM - 2.30PM</b> Hairdresser  <b>9.30AM - 2.30PM</b> Spa Therapy	<b>10.00AM - 4.00PM</b> Hairdresser	<b>10.00AM - 4.00PM</b> Hairdresser	



# 29 - 31 DECEMBER 2025 | EVENTS & ACTIVITIES

	MONDAY 29TH	TUESDAY 30TH	WEDNESDAY 31ST				
HIGHLIGHT	AM TRIP - PUB LUNCH	PM PAMPER AFTERNOON	SEE FESTIVE SCHDULE				
ACTIVITIES	AM Balloon Tennis Photo Albums  PM Trip - Pub Lunch Ball Games	AM Name That Tune Puzzles  PM Pamper Afternoon Parachute Games					
CINEMA	Film Showing	Film Showing					
BRIDGEFIT	10AM Wellbeing Talk 1 <sup>st</sup> Floor  10.30AM - 11.15AM BridgeFit 1 <sup>st</sup> Floor  11.20AM - 12.00PM BridgeFit 2 <sup>nd</sup> Floor  12.00PM - 12.30PM 1-to-1 w/Jane 2 <sup>nd</sup> Floor  1.30PM - 3.30PM 1-to-1 w/Jane	10.30AM - 12.30PM 1-to-1 w/Lewis					
SALON/SPA	9.00AM - 2.30PM Hairdresser  9.30AM - 3.30PM Spa Therapy	9.00AM - 4.00PM Hairdresser  9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser  9.30AM - 2.30PM Spa Therapy  9.00AM - 1.00PM Nail Technician				