



1 FEBRUARY 2026 | EVENTS & ACTIVITIES

							SUNDAY 1ST
HIGHLIGHT							AM CHURCH SERVICE
ACTIVITIES							AM Church Service Card Games PM Sunday Matinee Arts & Crafts
CINEMA							Film Showing
BRIDGEFIT							
SALON/SPA							

WEEK 1



2 - 8 FEBRUARY 2026 | EVENTS & ACTIVITIES

	MONDAY 2ND	TUESDAY 3RD	WEDNESDAY 4TH	THURSDAY 5TH	FRIDAY 6TH	SATURDAY 7TH	SUNDAY 8TH
HIGHLIGHT	AM TRIP - BUTTERFLY GARDENS	AM CHAIR YOGA	AM TRIP - HYGGE ON THE HILL	AM CHURCH SERVICE	AM FLOWER ARRANGING	PM CHINESE NEW YEAR CELEBRATIONS	AM CHURCH SERVICE
ACTIVITIES	AM Trip - Butterfly Gardens Card Games PM Parachute Games Guess The Occupation	AM Bingo Chair Yoga PM Memory Pairs 1-to-1 Sessions	AM Trip - Hygge On The Hill Board Games PM Word In A Word Animal Bingo	AM Balloon Games Rock Painting PM Church Service Guess In 10 - Animals	AM Flower Arranging Quiz PM Arts & Crafts Puzzles	AM 1-to-1 Sessions Who Am I? PM CHINESE NEW YEAR CELEBRATIONS	AM Church Service Coffee & Chat PM Sunday Cinema Wordsearches
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: 7TH FEBRUARY 2026 - CHINESE NEW YEAR CELEBRATIONS

WEEK 2



9 - 15 FEBRUARY 2026 | EVENTS & ACTIVITIES

	MONDAY 9TH	TUESDAY 10TH	WEDNESDAY 11TH	THURSDAY 12TH	FRIDAY 13TH	SATURDAY 14TH	SUNDAY 15TH
HIGHLIGHT	PM TRIP - VINTAGE LINDY LOU	AM SEWING WORKSHOP	PM TRIP - SIDCUP LIBRARY	AM RISE SPORTS	PM CHEF DEMONSTRATION	PM MUSICAL ENTERTAINMENT	AM CHURCH SERVICE
ACTIVITIES	AM Creative Writing - Love Week Arts & Crafts PM Trip - Vintage LindyLou Arts & Crafts	AM Sewing Workshop Water Painting PM Memory Tray Game Baking Club	AM Ball Games Parachute Games PM Creative Mojo Trip - Sidcup Library	AM Rise Sports Bingo PM Arts & Crafts Movie Matinee	AM Word Games Paint By Numbers PM Chef Demonstration Quiz	AM Valentine's Prep Romantic Movie PM Musical Entertainment	AM Church Service Coffee & Chat PM Puzzles Sunday Matinee
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
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WEEK 3



16 - 22 FEBRUARY 2026 | EVENTS & ACTIVITIES

	MONDAY 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH	SATURDAY 21ST	SUNDAY 22ND
HIGHLIGHT	AM TRIP - ELDERBERRIES TEA ROOM	AM CHAIR YOGA	AM TRIP - HYGGE ON THE HILL	PM 70'S DISCO TUNES	PM GENT'S CLUB/ LUNCH	PM MUSICAL ENTERTAINMENT	AM CHURCH SERVICE
ACTIVITIES	AM Trip - Elderberries Tea Room Paint By Numbers PM Sensory Music Word In A Word	AM Chair Yoga Higher/Lower Game PM Arts & Crafts Shrove Tues - Pancakes	AM Trip - Hygge On The Hill Alphabet Game PM Movie Matinee Memory Tray	AM Flower Arranging Animal Bingo PM Card Games 70's Disco Tunes	AM Hand/Eye Coordination Picture Quiz PM Gent's Club/Lunch Paper Baseball	AM Board Games Movie Morning - Resident's Choice PM Musical Entertainment	AM Church Service Coffee & Chat PM Crosswords 1-to-1 Sessions
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
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23 - 28 FEBRUARY 2026 | EVENTS & ACTIVITIES

	MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH	SATURDAY 28TH	
HIGHLIGHT	AM TRIP - PAWS CAT CAFE	PM FOOD QUIZ	AM TRIP - SINGTASTIC ERITH	PM MUSICAL ENTERTAINMENT	PM KIDDLEY DIVEY	PM ARMCHAIR TRAVEL	
ACTIVITIES	AM Trip - Paws Cat Cafe Arts & Crafts PM Stick The Ball Game Sensory Afternoon	AM Memory Pairs Puzzles PM Food Quiz Bean Bag Toss	AM Trip - Singtastic Erith Mobility Games PM Creative Mojo Indoor Bowling	AM Rise Sports Alphabet Quiz PM Musical Entertainment 1-to-1 Sessions	AM 1-to-1 Sessions Favourite Song Requests PM Kiddley Divey Nat. Strawberry Day	AM Sensory Smells Saturday Morning Pictures PM Word Games Armchair Travel - SE	
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	
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WEEK 5