



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							



## 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	<b>AM</b> Trip - Butterfly Gardens Card Games  <b>PM</b> Parachute Games Guess The Occupation	<b>AM</b> Bingo Chair Yoga  <b>PM</b> Memory Pairs 1-to-1 Sessions	<b>AM</b> Trip - Hygge On The Hill Board Games  <b>PM</b> Word In A Word Animal Bingo	<b>AM</b> Balloon Games Rock Painting  <b>PM</b> Church Service Guess In 10 - Animals	<b>AM</b> Flower Arranging Quiz  <b>PM</b> Arts & Crafts Puzzles	<b>AM</b> 1-to-1 Sessions Who Am I?  <b>PM</b> CHINESE NEW YEAR CELEBRATIONS	<b>AM</b> Church Service Coffee & Chat  <b>PM</b> Sunday Cinema Wordsearches
CINEMA	Film Showing	Film Showing	Film Showing	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	<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>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>10.30AM - 12.30PM</b> 1-to-1 w/Lewis  <b>1.30PM - 2.30PM</b> 1-to-1 w/Jane		
SALON/SPA	<b>9.00AM - 2.30PM</b> Hairdresser  <b>9.00AM - 3.00PM</b> Nail Technician	<b>9.00AM - 4.00PM</b> Hairdresser  <b>9.00AM - 3.00PM</b> Spa Therapy  <b>9.00AM - 3.00PM</b> Nail Technician	<b>10.00AM - 4.00PM</b> Hairdresser  <b>9.00AM - 1.00PM</b> Spa Therapy	<b>9.00AM - 2.30PM</b> Hairdresser  <b>9.00AM - 3.00PM</b> Nail Technician	<b>10.00AM - 4.00PM</b> Hairdresser  <b>9.00AM - 3.00PM</b> Nail Technician	<b>10.00AM - 4.00PM</b> 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
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	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		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  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	



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	<b>AM</b> Trip - Elderberries Tea Room Paint By Numbers  <b>PM</b> Sensory Music Word In A Word	<b>AM</b> Chair Yoga Higher/Lower Game  <b>PM</b> Arts & Crafts Shrove Tues - Pancakes	<b>AM</b> Trip - Hygge On The Hill Alphabet Game  <b>PM</b> Movie Matinee Memory Tray	<b>AM</b> Flower Arranging Animal Bingo  <b>PM</b> Card Games 70's Disco Tunes	<b>AM</b> Hand/Eye Coordination Picture Quiz  <b>PM</b> Gent's Club/Lunch Paper Baseball	<b>AM</b> Board Games Movie Morning - Resident's Choice  <b>PM</b> Musical Entertainment	<b>AM</b> Church Service Coffee & Chat  <b>PM</b> Crosswords 1-to-1 Sessions
CINEMA	Film Showing	Film Showing	Film Showing	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	<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>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>10.30AM - 12.30PM</b> 1-to-1 w/Lewis  <b>1.30PM - 2.30PM</b> 1-to-1 w/Jane		
SALON/SPA	<b>9.00AM - 2.30PM</b> Hairdresser  <b>9.00AM - 3.00PM</b> Nail Technician	<b>9.00AM - 4.00PM</b> Hairdresser  <b>9.00AM - 3.00PM</b> Spa Therapy  <b>9.00AM - 3.00PM</b> Nail Technician	<b>10.00AM - 4.00PM</b> Hairdresser  <b>9.00AM - 1.00PM</b> Spa Therapy	<b>9.00AM - 2.30PM</b> Hairdresser  <b>9.00AM - 3.00PM</b> Nail Technician	<b>10.00AM - 4.00PM</b> Hairdresser  <b>9.00AM - 3.00PM</b> Nail Technician	<b>10.00AM - 4.00PM</b> Hairdresser	



## 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	<b>AM</b> Trip - Paws Cat Cafe Arts & Crafts  <b>PM</b> Stick The Ball Game Sensory Afternoon	<b>AM</b> Memory Pairs Puzzles  <b>PM</b> Food Quiz Bean Bag Toss	<b>AM</b> Trip - Singtastic Erith Mobility Games  <b>PM</b> Creative Mojo Indoor Bowling	<b>AM</b> Rise Sports Alphabet Quiz  <b>PM</b> Musical Entertainment 1-to-1 Sessions	<b>AM</b> 1-to-1 Sessions Favourite Song Requests  <b>PM</b> Kiddley Divey Nat. Strawberry Day	<b>AM</b> Sensory Smells Saturday Morning Pictures  <b>PM</b> Word Games Armchair Travel - SE	
CINEMA	Film Showing	Film Showing	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	<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>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>10.30AM - 12.30PM</b> 1-to-1 w/Lewis  <b>1.30PM - 2.30PM</b> 1-to-1 w/Jane		
SALON/SPA	<b>9.00AM - 2.30PM</b> Hairdresser  <b>9.00AM - 3.00PM</b> Nail Technician	<b>9.00AM - 4.00PM</b> Hairdresser  <b>9.00AM - 3.00PM</b> Spa Therapy  <b>9.00AM - 3.00PM</b> Nail Technician	<b>10.00AM - 4.00PM</b> Hairdresser  <b>9.00AM - 1.00PM</b> Spa Therapy	<b>9.00AM - 2.30PM</b> Hairdresser  <b>9.00AM - 3.00PM</b> Nail Technician	<b>10.00AM - 4.00PM</b> Hairdresser  <b>9.00AM - 3.00PM</b> Nail Technician	<b>10.00AM - 4.00PM</b> Hairdresser	

WEEK 5