



# 1-4 JANUARY 2026 | EVENTS & ACTIVITIES

				THURSDAY 1ST	FRIDAY 2ND	SATURDAY 3RD	SUNDAY 4TH
<b>HIGHLIGHT</b>				AM MAGIC SHOW	PM MUSIC QUIZ	PM BOARD GAMES IN THE GALLERY	AM CHURCH SERVICE
<b>ACTIVITIES</b>				AM Board Games Magic Show  PM Karaoke Movie Afternoon	AM Bingo Parachute Games  PM Music Quiz Balloon Games	AM What's In The Bag? Card Games  PM Board Games in the Gallery	AM Church Service Sunday Hymns  PM Quiz Arts & Crafts
<b>CINEMA</b>				Film Showing	Film Showing	Film Showing	Film Showing
<b>BRIDGEFIT</b>					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		
<b>SALON/SPA</b>				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	



# 5-11 JANUARY 2026 | EVENTS & ACTIVITIES

	MONDAY 5TH	TUESDAY 6TH	WEDNESDAY 7TH	THURSDAY 8TH	FRIDAY 9TH	SATURDAY 10TH	SUNDAY 11TH
HIGHLIGHT	AM TRIP - SHOPPING	AM CHAIR YOGA	AM TRIP - BUTTERFLY GARDENS	AM RISE SPORTS	PM MUSICAL ENTERTAINMENT	PM CHEF DEMONSTRATION	AM CHURCH SERVICE
ACTIVITIES	<p><b>AM</b> Trip - Shopping Name That Tune</p> <p><b>PM</b> Guess the Celebrity Wordsearches/Puzzles</p>	<p><b>AM</b> Water Painting Chair Yoga</p> <p><b>PM</b> Zimmer Zumba Sensory Music</p>	<p><b>AM</b> Trip - Butterfly Gardens Parachute Games</p> <p><b>PM</b> Wine &amp; Cheese in the Gallery</p>	<p><b>AM</b> Rise Sports Table Games</p> <p><b>PM</b> Church Service Elvis Memories</p>	<p><b>AM</b> Sing-Along Paint By Numbers</p> <p><b>PM</b> Musical Entertainment Making Mocktails</p>	<p><b>AM</b> 1-to-1 Sessions Who Am I?</p> <p><b>PM</b> Chef Demonstration Scrabble</p>	<p><b>AM</b> Church Service Sunday Hymns</p> <p><b>PM</b> Karaoke Matching Pairs</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>9.00AM - 3.00PM</b> Nail Technician</p>	<p><b>9.00AM - 4.00PM</b> Hairdresser</p> <p><b>9.00AM - 3.00PM</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>9.00AM - 1.00PM</b> Spa Therapy</p>	<p><b>9.00AM - 2.30PM</b> Hairdresser</p> <p><b>9.00AM - 3.00PM</b> Nail Technician</p>	<p><b>10.00AM - 4.00PM</b> Hairdresser</p> <p><b>9.00AM - 3.00PM</b> Nail Technician</p>	<p><b>10.00AM - 4.00PM</b> Hairdresser</p>	

## WEEK 2



# 12-18 JANUARY 2026 | EVENTS & ACTIVITIES

	MONDAY 12TH	TUESDAY 13TH	WEDNESDAY 14TH	THURSDAY 15TH	FRIDAY 16TH	SATURDAY 17TH	SUNDAY 18TH
HIGHLIGHT	PM TRIP - PUB LUNCH	AM SEWING WORKSHOP	AM TRIP - SCIENCE MUSEUM	AM MEMORY LANE MELODIES	PM KEITH SIMMONS TALK	PM MAD HATTER'S TEA PARTY	AM CHURCH SERVICE
ACTIVITIES	<p><b>AM</b> Song Requests 1-to-1 Sessions</p> <p><b>PM</b> Trip - Pub Lunch Mobility Games</p>	<p><b>AM</b> Sewing Workshop 1-to-1 Sessions</p> <p><b>PM</b> Portrait Drawing Memory Tray Game</p>	<p><b>AM</b> Trip - Science Museum Parachute Games</p> <p><b>PM</b> Creative Mojo Ball Games</p>	<p><b>AM</b> Memory Lane Melodies Bingo</p> <p><b>PM</b> Arts &amp; Crafts Cheese &amp; Wine Tasting</p>	<p><b>AM</b> Paint By Numbers Chef Demonstration</p> <p><b>PM</b> Quiz Keith Simmons Talk</p>	<p><b>AM</b> Sensory Light &amp; Music 1-to-1 Sessions</p> <p><b>PM</b> MAD HATTER'S TEA PARTY</p>	<p><b>AM</b> Church Service Karaoke</p> <p><b>PM</b> Board Games Sunday Matinee</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>9.00AM - 3.00PM</b> Nail Technician</p>	<p><b>9.00AM - 4.00PM</b> Hairdresser</p> <p><b>9.00AM - 3.00PM</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>9.00AM - 1.00PM</b> Spa Therapy</p>	<p><b>9.00AM - 2.30PM</b> Hairdresser</p> <p><b>9.00AM - 3.00PM</b> Nail Technician</p>	<p><b>10.00AM - 4.00PM</b> Hairdresser</p> <p><b>9.00AM - 3.00PM</b> Nail Technician</p>	<p><b>10.00AM - 4.00PM</b> Hairdresser</p>	

**HIGHLIGHT: 17TH JANUARY 2026 - MAD HATTER'S TEA PARTY**  
**WEEK 3**



# 19 - 25 JANUARY 2026 | EVENTS & ACTIVITIES

	MONDAY 19TH	TUESDAY 20TH	WEDNESDAY 21ST	THURSDAY 22ND	FRIDAY 23RD	SATURDAY 24TH	SUNDAY 25TH
HIGHLIGHT	AM TRIP - BOWLING	AM CHAIR YOGA	AM TRIP - CANTERBURY CATHEDRAL	AM RISE SPORTS	PM KIDDLEY DIVEY	PM COFFEE, CAKE & NATTER	PM BURNS NIGHT PIPER
ACTIVITIES	<p><b>AM</b> Trip - Bowling Paint By Numbers</p> <p><b>PM</b> Sensory Music Word In A Word</p>	<p><b>AM</b> Chair Yoga Higher/Lower Game</p> <p><b>PM</b> Zimmer Zumba Arts &amp; Crafts</p>	<p><b>AM</b> Trip - Canterbury Cathedral Alphabet Game</p> <p><b>PM</b> Movie Afternoon Finish The Lyric</p>	<p><b>AM</b> Rise Sports Animal Bingo</p> <p><b>PM</b> Baking Club Reminiscing - Lifestyle</p>	<p><b>AM</b> Horse Racing Game Name That Tune</p> <p><b>PM</b> Kiddley Divey National Pie Day</p>	<p><b>AM</b> Board Games Movie Morning - Resident's Choice</p> <p><b>PM</b> Coffee, Cake &amp; Natter Puzzles</p>	<p><b>AM</b> Church Service Sunday Hymns</p> <p><b>PM</b> Burns Night Piper 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>9.00AM - 3.00PM</b> Nail Technician</p>	<p><b>9.00AM - 4.00PM</b> Hairdresser</p> <p><b>9.00AM - 3.00PM</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>9.00AM - 1.00PM</b> Spa Therapy</p>	<p><b>9.00AM - 2.30PM</b> Hairdresser</p> <p><b>9.00AM - 3.00PM</b> Nail Technician</p>	<p><b>10.00AM - 4.00PM</b> Hairdresser</p> <p><b>9.00AM - 3.00PM</b> Nail Technician</p>	<p><b>10.00AM - 4.00PM</b> Hairdresser</p>	



# 26 - 31 JANUARY 2026 | EVENTS & ACTIVITIES

	MONDAY 26TH	TUESDAY 27TH	WEDNESDAY 28TH	THURSDAY 29TH	FRIDAY 30TH	SATURDAY 31ST	
HIGHLIGHT	AM TRIP - MARITIME MUSEUM	PM BALLOON GAMES	PM CREATIVE MOJO	PM MUSICAL ENTERTAINMENT	AM FAVOURITE SONG REQUESTS	AM FLOWER ARRANGING	
ACTIVITIES	<p><b>AM</b> Trip - Maritime Museum Arts &amp; Crafts</p> <p><b>PM</b> Reminiscing - Toys Karaoke</p>	<p><b>AM</b> Name That Dog Breed Puzzles</p> <p><b>PM</b> Pop Quiz Balloon Games</p>	<p><b>AM</b> Pairs Mobility Games</p> <p><b>PM</b> Creative Mojo Trip - Pub Lunch</p>	<p><b>AM</b> Arts &amp; Crafts 1960's Sing-Along</p> <p><b>PM</b> Musical Entertainment 1-to-1 Sessions</p>	<p><b>AM</b> 1-to-1 Sessions Favourite Song Requests</p> <p><b>PM</b> Finish The Phrase Chef Demonstration</p>	<p><b>AM</b> Flower Arranging Saturday Morning Pictures</p> <p><b>PM</b> Bracelet Making Parachute Games</p>	
CINEMA	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>9.00AM - 3.00PM</b> Nail Technician</p>	<p><b>9.00AM - 4.00PM</b> Hairdresser</p> <p><b>9.00AM - 3.00PM</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>9.00AM - 1.00PM</b> Spa Therapy</p>	<p><b>9.00AM - 2.30PM</b> Hairdresser</p> <p><b>9.00AM - 3.00PM</b> Nail Technician</p>	<p><b>10.00AM - 4.00PM</b> Hairdresser</p> <p><b>9.00AM - 3.00PM</b> Nail Technician</p>	<p><b>10.00AM - 4.00PM</b> Hairdresser</p>	

## WEEK 5