



1 MARCH 2026 | EVENTS & ACTIVITIES

							SUNDAY 1ST
HIGHLIGHT							AM CHURCH SERVICE
ACTIVITIES							AM Church Service St David's Day PM Movie Matinee Arts & Crafts
CINEMA							Film Showing
BRIDGEFIT							
SALON/SPA							

WEEK 1



2 - 8 MARCH 2026 | EVENTS & ACTIVITIES

	MONDAY 2ND	TUESDAY 3RD	WEDNESDAY 4TH	THURSDAY 5TH	FRIDAY 6TH	SATURDAY 7TH	SUNDAY 8TH	
HIGHLIGHT	AM TRIP - BLUEWATER SHOPPING CENTRE	AM CHAIR YOGA	PM TRIP - BOWLING IN BEXLEYHEATH	AM CHURCH SERVICE	AM MORNING STROLL	PM MUSICAL ENTERTAINMENT	AM CHURCH SERVICE	
ACTIVITIES	AM Trip - Bluewater Shopping Centre Balloon Tennis PM Quiz Sensory Music	AM Board Games Chair Yoga PM Chef Demonstration 1-to-1 Sessions	AM Puzzles Nursery School Visit PM Word In A Word Trip - Bowling	AM Word Games Baby Ballet PM Church Service Knit & Natter	AM Morning Stroll Picture Quiz PM Rock Painting What's In The Bag?	AM 1-to-1 Sessions Who Am I? PM Musical Entertainment	AM Church Service Coffee & Chat PM International Women's Day	
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 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		

WEEK 2



9 - 15 MARCH 2026 | EVENTS & ACTIVITIES

	MONDAY 9TH	TUESDAY 10TH	WEDNESDAY 11TH	THURSDAY 12TH	FRIDAY 13TH	SATURDAY 14TH	SUNDAY 15TH
HIGHLIGHT	PM TRIP - PUB LUNCH	AM MORNING STROLL	PM TRIP - HALL PLACE HISTORIC TOUR	AM RISE SPORTS	PM CHEF DEMONSTRATION	PM MOVIE MATINEE	AM CHURCH SERVICE
ACTIVITIES	<p>AM Parachute Games Water Painting</p> <p>PM Mobility Games Trip - Pub Lunch</p>	<p>AM Sewing Workshop Morning Stroll</p> <p>PM Memory Tray Game Movie Matinee</p>	<p>AM Ball Games Creative Mojo</p> <p>PM Trip - Hall Place Historic Tour</p>	<p>AM Rise Sports Bingo</p> <p>PM Word In A Word Name That Tune</p>	<p>AM Arts & Crafts Morning Stroll</p> <p>PM Gold Cup Day Chef Demonstration</p>	<p>AM Pairs Game Knit & Natter</p> <p>PM Movie Matinee Bracelet Making</p>	<p>AM Church Service Coffee & Chat</p> <p>PM Musical Entertainment - Mother's Day</p>
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT	<p>10AM Wellbeing Talk 1st Floor</p> <p>10.30AM - 11.15AM BridgeFit 1st Floor</p> <p>11.20AM - 12.00PM BridgeFit 2nd Floor</p> <p>12.00PM - 12.30PM 1-to-1 w/Jane 2nd 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 1st Floor</p> <p>10.30AM - 11.15AM BridgeFit 1st Floor</p> <p>11.20AM - 12.00PM BridgeFit 2nd Floor</p> <p>12.00PM - 12.30PM 1-to-1 w/Jane 2nd Floor</p> <p>1.30PM - 3.30PM 1-to-1 w/Jane</p>		<p>10AM Wellbeing Talk 1st Floor</p> <p>10.30AM - 11.15AM BridgeFit 1st Floor</p> <p>11.20AM - 12.00PM BridgeFit 2nd 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>9.00AM - 3.00PM Nail Technician</p>	<p>9.00AM - 4.00PM Hairdresser</p> <p>9.00AM - 3.00PM Spa Therapy</p> <p>9.00AM - 3.00PM Nail Technician</p>	<p>10.00AM - 4.00PM Hairdresser</p> <p>9.00AM - 1.00PM Spa Therapy</p>	<p>9.00AM - 2.30PM Hairdresser</p> <p>9.00AM - 3.00PM Nail Technician</p>	<p>10.00AM - 4.00PM Hairdresser</p> <p>9.00AM - 3.00PM Nail Technician</p>	<p>10.00AM - 4.00PM Hairdresser</p>	



16 - 22 MARCH 2026 | EVENTS & ACTIVITIES

	MONDAY 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH	SATURDAY 21ST	SUNDAY 22ND
HIGHLIGHT	AM TRIP - IMPERIAL WAR MUSEUM	PM IRISH DANCING	AM TRIP - BEXLEYHEATH	AM HABERDASHER'S SCHOOL VISIT	AM DRUM THERAPY	PM 1970'S REVIVAL	AM CHURCH SERVICE
ACTIVITIES	<p>AM Trip - Imperial War Museum Sing-Along</p> <p>PM Afternoon Stroll Easter Arts & Crafts</p>	<p>AM Chair Yoga St. Patrick's Bingo</p> <p>PM Irish Dancing</p>	<p>AM Trip - Bexleyheath Seed Sowing</p> <p>PM Flower Arranging Garden Walks</p>	<p>AM Habs School Visit Bowls</p> <p>PM 1-to-1 Sessions Armchair Travel - India</p>	<p>AM Drum Therapy Word Games</p> <p>PM Scrabble Baking Club</p>	<p>AM 1970's Sitcom 1970's Reminiscing</p> <p>PM 1970'S REVIVAL AFTERNOON</p>	<p>AM Church Service Coffee & Chat</p> <p>PM Word Games 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 1st Floor</p> <p>10.30AM - 11.15AM BridgeFit 1st Floor</p> <p>11.20AM - 12.00PM BridgeFit 2nd Floor</p> <p>12.00PM - 12.30PM 1-to-1 w/Jane 2nd 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 1st Floor</p> <p>10.30AM - 11.15AM BridgeFit 1st Floor</p> <p>11.20AM - 12.00PM BridgeFit 2nd Floor</p> <p>12.00PM - 12.30PM 1-to-1 w/Jane 2nd Floor</p> <p>1.30PM - 3.30PM 1-to-1 w/Jane</p>		<p>10AM Wellbeing Talk 1st Floor</p> <p>10.30AM - 11.15AM BridgeFit 1st Floor</p> <p>11.20AM - 12.00PM BridgeFit 2nd 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>9.00AM - 3.00PM Nail Technician</p>	<p>9.00AM - 4.00PM Hairdresser</p> <p>9.00AM - 3.00PM Spa Therapy</p> <p>9.00AM - 3.00PM Nail Technician</p>	<p>10.00AM - 4.00PM Hairdresser</p> <p>9.00AM - 1.00PM Spa Therapy</p>	<p>9.00AM - 2.30PM Hairdresser</p> <p>9.00AM - 3.00PM Nail Technician</p>	<p>10.00AM - 4.00PM Hairdresser</p> <p>9.00AM - 3.00PM Nail Technician</p>	<p>10.00AM - 4.00PM Hairdresser</p>	

**HIGHLIGHT: 21ST MARCH 2026 - 1970'S REVIVAL
WEEK 4**



23 - 29 MARCH 2026 | EVENTS & ACTIVITIES

	MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH	SATURDAY 28TH	SUNDAY 29TH
HIGHLIGHT	PM TEA DANCE	AM VR THERAPY	AM TRIP - SINGTASTIC ERITH	PM MUSICAL ENTERTAINMENT	PM KIDDLEY DIVEY	AM SENSORY SESSION	AM CHURCH SERVICE
ACTIVITIES	<p>AM Morning Stroll Arts & Crafts</p> <p>PM Mobility Games Tea Dance Instead Rise</p>	<p>AM VR Therapy Arts & Crafts</p> <p>PM Classic Sitcoms Knit & Natter</p>	<p>AM Trip - Singtastic Erith Mobility Games Sensory Morning</p> <p>PM Creative Mojo Cheese & Wine</p>	<p>AM Rise Sports Card Games</p> <p>PM Musical Entertainment 1-to-1 Sessions</p>	<p>AM 1-to-1 Sessions Pearl Art</p> <p>PM Kiddley Divey Afternoon Stroll</p>	<p>AM Sensory Smells Movie Matinee</p> <p>PM Who Am I? Moulding Craft</p>	<p>AM Church Service Hymns on YouTube</p> <p>PM 1-to-1 Sessions Hot Chocolate & Chat</p>
CINEMA	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT	<p>10AM Wellbeing Talk 1st Floor</p> <p>10.30AM - 11.15AM BridgeFit 1st Floor</p> <p>11.20AM - 12.00PM BridgeFit 2nd Floor</p> <p>12.00PM - 12.30PM 1-to-1 w/Jane 2nd 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 1st Floor</p> <p>10.30AM - 11.15AM BridgeFit 1st Floor</p> <p>11.20AM - 12.00PM BridgeFit 2nd Floor</p> <p>12.00PM - 12.30PM 1-to-1 w/Jane 2nd Floor</p> <p>1.30PM - 3.30PM 1-to-1 w/Jane</p>		<p>10AM Wellbeing Talk 1st Floor</p> <p>10.30AM - 11.15AM BridgeFit 1st Floor</p> <p>11.20AM - 12.00PM BridgeFit 2nd 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>9.00AM - 3.00PM Nail Technician</p>	<p>9.00AM - 4.00PM Hairdresser</p> <p>9.00AM - 3.00PM Spa Therapy</p> <p>9.00AM - 3.00PM Nail Technician</p>	<p>10.00AM - 4.00PM Hairdresser</p> <p>9.00AM - 1.00PM Spa Therapy</p>	<p>9.00AM - 2.30PM Hairdresser</p> <p>9.00AM - 3.00PM Nail Technician</p>	<p>10.00AM - 4.00PM Hairdresser</p> <p>9.00AM - 3.00PM Nail Technician</p>	<p>10.00AM - 4.00PM Hairdresser</p>	

WEEK 5



30 - 31 MARCH 2026 | EVENTS & ACTIVITIES

	MONDAY 30TH	TUESDAY 31ST					
HIGHLIGHT	AM TRIP - CHRISTMAS TREE FARM	AM CHAIR YOGA					
ACTIVITIES	AM Trip - Christmas Tree Farm Seed Sowing PM Guess Who? Puzzles	AM Morning Stroll Chair Yoga PM Arts & Crafts Knit & Natter					
CINEMA	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					
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					