



1-7 JUNE 2026 | EVENTS & ACTIVITIES

	MONDAY 1ST	TUESDAY 2ND	WEDNESDAY 3RD	THURSDAY 4TH	FRIDAY 5TH	SATURDAY 6TH	SUNDAY 7TH
HIGHLIGHT	AM TRIP - RACING AT LINGFIELD	AM NURSERY CHILDREN VISIT	AM TRIP - KINGFISHER BOAT	PM MUSICAL ENTERTAINMENT	AM ART THERAPY CLASS	AM VITALITY CLASS	AM CHURCH SERVICE
ACTIVITIES	<p>AM Trip - Racing at Lingfield Puzzles</p> <p>PM Pebble Art Garden Games</p>	<p>AM Nursery Children Visit Water Painting</p> <p>PM Afternoon Stroll Zimmer Zumba</p>	<p>AM Trip - Kingfisher Boat Sewing Workshop</p> <p>PM Creative Mojo Sensory Afternoon</p>	<p>AM Morning Stroll Knit & Natter</p> <p>PM Musical Entertainment Church Service</p>	<p>AM Word In A Word Game Ball Games</p> <p>PM Art Therapy Class Quiz</p>	<p>AM Vitality Class Song Requests</p> <p>PM Movie Matinee Cocktail Making</p>	<p>AM Church Service 1-to-1 Sessions</p> <p>PM Knit & Natter Coffee & 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 - 2.00PM Spa Therapy</p> <p>9.00AM - 1.00PM Nail Technician</p>	<p>9.00AM - 2.30PM Hairdresser</p> <p>9.00AM - 3.00PM Nail Technician</p>	<p>9.00AM - 2.30PM Hairdresser</p>	<p>10.00AM - 4.00PM Hairdresser</p>	<p>9.00AM - 5.00PM Nail Technician</p>

WEEK 1



8 - 14 JUNE 2026 | EVENTS & ACTIVITIES

	MONDAY 8TH	TUESDAY 9TH	WEDNESDAY 10TH	THURSDAY 11TH	FRIDAY 12TH	SATURDAY 13TH	SUNDAY 14TH
HIGHLIGHT	AM TRIP - CHRISTMAS TREE FARM	AM CHAIR YOGA	AM TRIP - GREENWICH ECOLOGICAL PARK	AM RISE SPORTS	PM MUSICAL ENTERTAINMENT	AM VITALITY CLASS	AM CHURCH SERVICE
ACTIVITIES	<p>AM Trip - Christmas Tree Farm Water Painting</p> <p>PM Name That Tune Card Games</p>	<p>AM Chair Yoga Morning Stroll</p> <p>PM Bingo Word In A Word</p>	<p>AM Trip - Greenwich Ecological Park Sensory Music</p> <p>PM Garden Games Cheese & Wine</p>	<p>AM Rise Sports Arts & Crafts</p> <p>PM Blow Table Football Pairs Game</p>	<p>AM Pebble Art Baking Club</p> <p>PM Musical Entertainment</p>	<p>AM Vitality Class A Day In The Life - Reception</p> <p>PM Afternoon Stroll Musical Instruments</p>	<p>AM Church Service Finish The Phrase</p> <p>PM Knit & Knatter Movie Matinee</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 - 2.30PM Spa Therapy</p> <p>9.00AM - 5.00PM 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 - 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>9.00AM - 2.30PM Hairdresser</p>	<p>10.00AM - 4.00PM Hairdresser</p>	

WEEK 2



15 - 21 JUNE 2026 | EVENTS & ACTIVITIES

	MONDAY 15TH	TUESDAY 16TH	WEDNESDAY 17TH	THURSDAY 18TH	FRIDAY 19TH	SATURDAY 20TH	SUNDAY 21ST
HIGHLIGHT	PM TRIP - PUB LUNCH	AM SCHOOL VISIT	AM TRIP - TEMPLE HILL SPORTS MORNING	PM MUSICAL ENTERTAINMENT	PM ITALIAN DINNER	AM PORTRAIT ART CLASS	AM CHURCH SERVICE
ACTIVITIES	<p>AM Song Requests Paint By Numbers</p> <p>PM Trip - Pub Lunch Board Games</p>	<p>AM Our Lady's School Visit Mobility Games</p> <p>PM Creative Fruit Design</p>	<p>AM Trip - Temple Hill Sports Morning Puzzles</p> <p>PM Creative Mojo Guess The Fruit</p>	<p>AM Morning Stroll Arts & Crafts</p> <p>PM Musical Entertainment</p>	<p>AM A Day In The Life - Events Reminiscing - Holidays</p> <p>PM Quiz Italian Dinner</p>	<p>AM Knit & Natter Self Portrait Drawing</p> <p>PM Bird Watching Afternoon Stroll</p>	<p>AM Church Service Vitality Class</p> <p>PM Father's Day Lunch</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 - 2.30PM 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>9.00AM - 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>	



22-28 JUNE 2026 | EVENTS & ACTIVITIES

	MONDAY 22ND	TUESDAY 23RD	WEDNESDAY 24TH	THURSDAY 25TH	FRIDAY 26TH	SATURDAY 27TH	SUNDAY 28TH
HIGHLIGHT	AM TRIP - THAMES RIVER CRUISE	PM MUSICAL ENTERTAINMENT	AM TRIP - CASTLE FARM LAVENDER FIELDS	AM RISE SPORTS	PM KIDDLEY DIVEY	2.30PM SEASIDE AFTERNOON	AM CHURCH SERVICE
ACTIVITIES	<p>AM Trip - River Thames Cruise Morning Stroll</p> <p>PM Card Games Word In A Word Game</p>	<p>AM Chair Yoga Puzzles</p> <p>PM Musical Entertainment</p>	<p>AM Trip - Castle Farm Lavender Fields Picture Quiz</p> <p>PM Baby Ballet</p>	<p>AM Rise Sports Arts & Crafts</p> <p>PM Flower Arranging Afternoon Stroll</p>	<p>AM Blow Table Football Board Games</p> <p>PM Kiddley Divey 1-to-1 Sessions</p>	<p>AM Vitality Class Sensory Music</p> <p>PM SEASIDE AFTERNOON EVENT</p>	<p>AM Church Service Sunday Song Requests</p> <p>PM Zimmer Zumba Knit & Natter</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 - 2.30PM 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>9.00AM - 2.00PM 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>9.00AM - 2.30PM Hairdresser</p>	<p>10.00AM - 4.00PM Hairdresser</p>	<p>9.00AM - 5.00PM Nail Technician</p>

HIGHLIGHT: 27TH JUNE 2026 - SEASIDE AFTERNOON
WEEK 4



29-30 JUN 2026 | EVENTS & ACTIVITIES

	MONDAY 29TH	TUESDAY 30TH					
HIGHLIGHT	AM TRIP - HAYSDEN COUNTRY PARK	PM SCHOOL VISIT					
ACTIVITIES	AM Trip - Haysden Country Park Morning Stroll PM Garden Tennis Movie Matinee	AM Bingo Arts & Crafts PM Haberdasher's Visit Sensory Music					
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 - 2.30PM Spa Therapy 9.00AM - 5.00PM Nail Technician	9.00AM - 4.00PM Hairdresser 9.00AM - 3.00PM Nail Technician					