



1 - 3 MAY 2026 | EVENTS & ACTIVITIES

					FRIDAY 1ST	SATURDAY 2ND	SUNDAY 3RD
HIGHLIGHT					AM TRIP - DUXFORD MUSEUM	AM VITALITY CLASS	AM CHURCH SERVICE
ACTIVITIES					AM Balloon Tennis Trip - Duxford Museum PM Garden Games Knit & Natter	AM Vitality Class Puzzles PM 1-to-1 Sessions Arts & Crafts	AM Church Service Coffee & Chat PM Movie Matinee Diamond Art
CINEMA					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 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	10.00AM - 4.00PM Hairdresser	9.00AM - 5.00PM Nail Technician



4 - 10 MAY 2026 | EVENTS & ACTIVITIES

	MONDAY 4TH	TUESDAY 5TH	WEDNESDAY 6TH	THURSDAY 7TH	FRIDAY 8TH	SATURDAY 9TH	SUNDAY 10TH
HIGHLIGHT	AM TRIP - PUB LUNCH	AM ANIMAL ENCOUNTERS	AM TRIP - HEVER CASTLE	PM CHURCH SERVICE	AM MUSICAL ENTERTAINMENT	AM VITALITY CLASS	AM CHURCH SERVICE
ACTIVITIES	AM Morning Stroll Ball Games PM Trip - Pub Lunch Name That Tune	AM Animal Encounters Mobility Games PM Quiz Knit & Natter	AM Trip - Hever Castle Sewing Workshop PM Creative Mojo Afternoon Stroll	AM A Day In the Life - Housekeeping Card Games PM Ball & Balloon Games Church Service	AM Musical Entertainment VE Day Celebrations PM Bingo Garden Games	AM Vitality Class Board Games PM Who Am I? Karaoke	AM Church Service Pipecleaner Crafts PM Musical Entertainemnt
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 - 2.30PM Spa Therapy 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 - 2.30PM Spa Therapy 9.00AM - 1.00PM Nail Technician	9.00AM - 2.30PM Hairdresser 9.30AM - 2.30PM Spa Therapy 9.00AM - 3.00PM Nail Technician	9.00AM - 2.30PM Hairdresser	10.00AM - 4.00PM Hairdresser	

WEEK 2



11-17 MAY 2026 | EVENTS & ACTIVITIES

	MONDAY 11TH	TUESDAY 12TH	WEDNESDAY 13TH	THURSDAY 14TH	FRIDAY 15TH	SATURDAY 16TH	SUNDAY 17TH
HIGHLIGHT	AM TRIP - HALL PLACE GARDENS	AM CHAIR YOGA	AM TRIP - FENN BELL ZOO	AM RISE SPORTS	PM MUSICAL ENTERTAINMENT	PM CHEESE & WINE IN THE GALLERY	AM CHURCH SERVICE
ACTIVITIES	AM Trip - Hall Palace Gardens Card Games PM Afternoon Stroll Farm Bingo	AM Chair Yoga Seed Sowing PM Water Painting Zimmer Zumba	AM Trip - Fenn Bell Zoo Name That Dance Quiz PM Afternoon Stroll Cocktails & Mocktails	AM Rise Sports Mobility Games PM Arts & Crafts Bingo	AM Word Games Pizza Party PM Musical Entetainment	AM Classic Sitcoms - Porridge Blow Football PM Cheese & Wine in The Gallery	AM Church Service Vitality Class PM Sunday Song Requests Zimmer Zumba
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 - 2.30PM Spa Therapy	9.00AM - 4.00PM Hairdresser 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser 9.00AM - 2.30PM Spa Therapy 9.00AM - 1.00PM Nail Technician	9.00AM - 2.30PM Hairdresser 9.30AM - 2.30PM Spa Therapy 9.00AM - 3.00PM Nail Technician		10.00AM - 4.00PM Hairdresser	



18 - 24 MAY 2026 | EVENTS & ACTIVITIES

	MONDAY 18TH	TUESDAY 19TH	WEDNESDAY 20TH	THURSDAY 21ST	FRIDAY 22ND	SATURDAY 23RD	SUNDAY 24TH
HIGHLIGHT	AM TRIP - CLOUD CABLE CAR MUSEUM	PM MUSICAL ENTERTAINMENT	AM TRIP - COMMUNITY CENTRE SPORTS CLUB	AM ZIMMER ZUMBA	AM MORNING STROLL	PM MOVIE MATINEE	AM CHURCH SERVICE
ACTIVITIES	AM Trip - Cloud Cable Car Museum Arts & Crafts PM Afternoon Stroll Baking Club	AM Zimmer Zumba Water Painting PM Musical Entertainment	AM Trip - Sports Club A Day In The Life - Kitchen PM Music In The Garden Creative Mojo	AM Zimmer Zumba Word Games PM Ball Games Tea Quiz & Tea Tasting	AM Musical Instruments Morning Stroll PM Bingo Garden Activities	AM Vitaliy Class Arts & Crafts PM Flower Arranging Movie Matinee	AM Church Service Scrabble & Connect 4 PM Coffee & Chat Pairs
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 - 2.30PM Spa Therapy	9.00AM - 4.00PM Hairdresser 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser 9.00AM - 2.00PM Spa Therapy 9.00AM - 1.00PM Nail Technician	9.00AM - 2.30PM Hairdresser 9.30AM - 2.30PM Spa Therapy 9.00AM - 3.00PM Nail Technician	9.00AM - 2.30PM Hairdresser	10.00AM - 4.00PM Hairdresser	9.00AM - 5.00PM Nail Technician



25 - 31 MAY 2026 | EVENTS & ACTIVITIES

	MONDAY 25TH	TUESDAY 26TH	WEDNESDAY 27TH	THURSDAY 28TH	FRIDAY 29TH	SATURDAY 30TH	SUNDAY 31ST
HIGHLIGHT	PM AFTERNOON STROLL	AM CHAIR YOGA	AM TRIP - V&A MUSEUM	AM RISE SPORTS	AM TRIP - HERNE BAY	2.30PM PEARLY KINGS & QUEENS AFTERNOON	AM CHURCH SERVICE
ACTIVITIES	AM Balloon Games Movie Morning PM Afternoon Stroll Who Am I?	AM Chair Yoga Sensory Music PM Mobility Games Bingo	AM Trip - V&A Museum Arts & Crafts PM Song Requests Knit & Natter	AM Rise Sports Board Games PM Water Painting Reminiscing - Holidays	AM Trip - Herne Bay Nursery Rhymes PM Kiddley Divey Afternoon Stroll	AM Cockney Slang Quiz Puzzles PM PEARLY KINGS & QUEENS EVENT	AM Church Service Vitality Class PM Garden Games Sunday Matinee
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 - 2.30PM Spa Therapy 9.00AM - 5.00PM Nail Technician	9.00AM - 4.00PM Hairdresser	10.00AM - 4.00PM Hairdresser 9.00AM - 2.00PM Spa Therapy	9.30AM - 2.30PM Spa Therapy			

HIGHLIGHT: 30TH MAY 2026 - PEARLY KINGS & QUEENS AFTERNOON
WEEK 5