



1-5 JULY 2026 | EVENTS & ACTIVITIES

			WEDNESDAY 1ST	THURSDAY 2ND	FRIDAY 3RD	SATURDAY 4TH	SUNDAY 5TH
HIGHLIGHT			PM TRIP - PUB LUNCH	AM BUKI'S SEWING WORKSHOP	PM MUSICAL ENTERTAINMENT	PM WINE & CHEESE IN THE GALLERY	AM CHURCH SERVICE
ACTIVITIES			<p>AM Balloon Tennis Pairs Game</p> <p>PM Trip - Pub Lunch Creative Mojo</p>	<p>AM Morning Stroll Sewing Workshop</p> <p>PM Baking Club Church Service</p>	<p>AM Arts & Crafts Sensory Music</p> <p>PM Musical Entertainment</p>	<p>AM Card Games Pipecleaner Art</p> <p>PM Afternoon Stroll Cheese & Wine</p>	<p>AM Church Service Coffee & Chat</p> <p>PM Sounds Familiar Music Quiz</p>
CINEMA			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>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>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



6-12 JULY 2026 | EVENTS & ACTIVITIES

	MONDAY 6TH	TUESDAY 7TH	WEDNESDAY 8TH	THURSDAY 9TH	FRIDAY 10TH	SATURDAY 11TH	SUNDAY 12TH
HIGHLIGHT	AM TRIP - GREENWICH PARK	AM CHAIR YOGA	AM TRIP - PENELOPE'S TEA ROOM	AM RISE SPORTS	PM SPANISH AFTERNOON & DINNER	PM WATER PAINTING	AM CHURCH SERVICE
ACTIVITIES	<p>AM Trip - Greenwich Park Skittles</p> <p>PM Bingo/Karaoke Signing Choir 7pm</p>	<p>AM Chair Yoga Sensory Music</p> <p>PM World Chocolate Day Zimmer Zumba</p>	<p>AM Trip - Penelope's Tea Room Morning Stroll</p> <p>PM Pairs Game Board Games</p>	<p>AM Rise Sports Arts & Crafts</p> <p>PM Men's Lunch Club Knit & Natter</p>	<p>AM Musical Shakers Making Word In A Word Game</p> <p>PM Spanish Themed Afternoon & Dinner</p>	<p>AM Egg In The Nest Game Word Games</p> <p>PM Afternoon Stroll Water Painting</p>	<p>AM Church Service Coffee & Chat</p> <p>PM Musical Entertainment</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



13-19 JULY 2026 | EVENTS & ACTIVITIES

	MONDAY 13TH	TUESDAY 14TH	WEDNESDAY 15TH	THURSDAY 16TH	FRIDAY 17TH	SATURDAY 18TH	SUNDAY 19TH
HIGHLIGHT	PM TRIP - TEN PIN BOWLING	PM CHARADES	AM TRIP - MUDCHUTE FARM	PM MUSICAL ENTERTAINMENT	PM ART THERAPY CLASS	2.30PM HAWAIIAN AFTERNOON	AM CHURCH SERVICE
ACTIVITIES	<p>AM Trip - Ten Pin Bowling Baking Club</p> <p>PM Karaoke Board Games</p>	<p>AM Hum That Tune Blow Football</p> <p>PM Charades Afternoon Stroll</p>	<p>AM Trip - Mudchute Farm Pairs Game</p> <p>PM Creative Mojo Word Games</p>	<p>AM VR Time Knit & Natter</p> <p>PM Musical Entertainment</p>	<p>AM Morning Stroll Think of A Letter Game</p> <p>PM Quiz Art Therapy Class</p>	<p>AM Movie Matinee Coffee & Chat</p> <p>PM HAWAIIAN AFTERNOON EVENT</p>	<p>AM Church Service Sunday Song Requests</p> <p>PM Garden Games</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>	

HIGHLIGHT: 18TH JULY 2026 - HAWAIIAN AFTERNOON
WEEK 3



20-26 JULY 2026 | EVENTS & ACTIVITIES

	MONDAY 20TH	TUESDAY 21ST	WEDNESDAY 22ND	THURSDAY 23RD	FRIDAY 24TH	SATURDAY 25TH	SUNDAY 26TH
HIGHLIGHT	AM TRIP - BUCKINGHAM PALACE	AM CHAIR YOGA	AM TRIP - CASTLE FARM LAVENDER FIELDS	AM RISE SPORTS	PM A DAY IN THE LIFE - AMBULANCE CREW	PM INTERACTIVE HORSE RACING	AM CHURCH SERVICE
ACTIVITIES	<p>AM Trip - Buckingham Palace Arts & Crafts</p> <p>PM Balloon/Ball Games Cocktails In the Garden</p>	<p>AM Chair Yoga Morning Stroll</p> <p>PM Flower Arranging Mobility Games</p>	<p>AM Trip - Castle Farm Lavender Fields Draw Your Neighbour</p> <p>PM Musical Entertainment</p>	<p>AM Rise Sports Anagram Quiz</p> <p>PM Sing-Along & Requests Baking Club</p>	<p>AM Morning Stroll Diamond Art</p> <p>PM A Day In The Life - Ambulance Crew</p>	<p>AM Movie Matinee Knit & Natter</p> <p>PM Interactive Horse Racing</p>	<p>AM Church Service Sunday Song Requests</p> <p>PM Bingo Card Games</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 - 3.00PM Nail Technician</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>



27-31 JULY 2026 | EVENTS & ACTIVITIES

	MONDAY 27TH	TUESDAY 28TH	WEDNESDAY 29TH	THURSDAY 30TH	FRIDAY 31ST		
HIGHLIGHT	AM TRIP - ELTHAM PALACE	AM MORNING STROLL	AM TRIP - FEN BELL ZOO	PM MUSICAL ENTERTAINMENT	PM KIDDLEY DIVEY		
ACTIVITIES	<p>AM Trip - Eltham Palace Word Games</p> <p>PM 1-to-1 Sessions Reminiscing - Toys</p>	<p>AM Morning Stroll Arts & Crafts</p> <p>PM Table Curling Quiz</p>	<p>AM Trip - Fen Bell Zoo Ball Games</p> <p>PM Creative Mojo Bingo</p>	<p>AM Baking Club Zimmer Zumba</p> <p>PM Musical Entertainment</p>	<p>AM 1-to1 Sessions Knit & Natter</p> <p>PM Kiddley Divey Music Quiz</p>		
CINEMA	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 Nail Technician</p>	<p>10.00AM - 4.00PM Hairdresser</p> <p>9.00AM - 2.00PM Spa Therapy</p>	<p>9.30AM - 2.30PM Spa Therapy</p>			

WEEK 5