



1-2 AUGUST 2026 | EVENTS & ACTIVITIES

						SATURDAY 1ST	SUNDAY 2ND
HIGHLIGHT						PM AFTERNOON STROLL	AM CHURCH SERVICE
ACTIVITIES						AM Card Games What's In The Bag PM Afternoon Stroll Bingo	AM Church Service Coffee & Chat PM 1-to-1 Sessions Word In A Word Game
CINEMA						Film Showing	Film Showing
BRIDGEFIT							
SALON/SPA						10.00AM - 4.00PM Hairdresser	9.00AM - 5.00PM Nail Technician



3 - 9 AUGUST 2026 | EVENTS & ACTIVITIES

	MONDAY 3RD	TUESDAY 4TH	WEDNESDAY 5TH	THURSDAY 6TH	FRIDAY 7TH	SATURDAY 8TH	SUNDAY 9TH
HIGHLIGHT	AM TRIP - HALL PLACE	AM CHAIR YOGA	AM TRIP - HONEYDALE TEA ROOMS	AM RISE SPORTS	PM ART THERAPY CLASS	PM MOVIE MATINEE	AM CHURCH SERVICE
ACTIVITIES	AM Trip - Hall Place Knit & Natter PM Garden Activities Puzzles	AM Chair Yoga Movie Morning PM Chocolate Chip Cookies Board Games	AM Trip - Honeydale Tea Room Arts & Crafts PM Musical Entertainment	AM Rise Sports Word Games & Puzzles PM Afternoon Stroll Church Service	AM Morning Stroll Famous People Pairs PM International Beer Day Art Therapy Class	AM Skittles 1-to-1 Sessions PM Garden Activities Movie Matinee	AM Church Service Coffee & Chat PM Card Games Water Painting
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 - 5.00PM 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 Nail Technician	9.00AM - 2.30PM Hairdresser 9.00AM - 3.00PM Nail Technician	9.00AM - 2.30PM Hairdresser	10.00AM - 4.00PM Hairdresser	



10-16 AUGUST 2026 | EVENTS & ACTIVITIES

	MONDAY 10TH	TUESDAY 11TH	WEDNESDAY 12TH	THURSDAY 13TH	FRIDAY 14TH	SATURDAY 15TH	SUNDAY 16TH
HIGHLIGHT	PM TRIP - PUB LUNCH	PM BELLA THE THERAPY DOG	AM TRIP - TEMPLE HILL SPORTS MORNING	PM PET THERAPY VISIT	PM GREEK THEMED AFTERNOON	AM VITALITY CLASS	AM CHURCH SERVICE
ACTIVITIES	AM Knit & Natter Card Games PM Trip - Pub Lunch Movie Matinee Afternoon Stroll	AM A Day In The Life - Maintenance Arts & Crafts PM Bella The Therapy Dog Group Singing Session	AM Trip - Temple Hill Sports Morning Baking Club PM Reminiscing - Jobs Arts & Crafts	AM Pet Therapy Visit Knit & Natter PM Afternoon Tea In The Garden	AM Morning Stroll Quiz PM Art Therapy Class Greek Themed Dinner & Performance	AM Vitality Class Card Games PM Paint By Numbers Bingo	AM Church Service Sunday Song Requests PM Refreshments & Music In The Garden
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	10.00AM - 4.00PM Hairdresser 9.00AM - 2.30PM Spa Therapy	9.00AM - 2.30PM Hairdresser 9.30AM - 2.30PM Spa Therapy		10.00AM - 4.00PM Hairdresser	



17-23 AUGUST 2026 | EVENTS & ACTIVITIES

	MONDAY 17TH	TUESDAY 18TH	WEDNESDAY 19TH	THURSDAY 20TH	FRIDAY 21ST	SATURDAY 22ND	SUNDAY 23RD
HIGHLIGHT	AM TRIP - THAMES RIVER CRUISE	AM CHAIR YOGA	AM TRIP - CHRISTMAS TREE FARM	AM RISE SPORTS	AM FIRE BRIGADE VISIT	2.00PM SUMMER FETE	AM CHURCH SERVICE
ACTIVITIES	AM Trip - Thames River Cruise Morning Stroll PM Sewing Workshop Balloon/Ball Games	AM Chair Yoga Musical Instruments PM National Fajita Day Bella The Therapy Dog	AM Trip - Christmas Tree Farm Hoy PM Water Painting Arts & Crafts	AM Rise Sports Bingo PM Musical Entertainment	AM Arts & Crafts Fire Brigade Visit PM Kiddley Divey Afternoon Stroll	AM Morning Musical Movie Happy Connection Wellbeing PM SUMMER FETE	AM Church Service Quiz PM Garden Games Movie 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 - 4.00PM Hairdresser	10.00AM - 4.00PM Hairdresser 9.00AM - 2.00PM Spa Therapy	9.00AM - 2.30PM Hairdresser 9.30AM - 2.30PM Spa Therapy	9.00AM - 2.30PM Hairdresser	10.00AM - 4.00PM Hairdresser	9.00AM - 5.00PM Nail Technician

HIGHLIGHT: 22ND AUGUST 2026 - SUMMER FETE
WEEK 4



24 - 30 AUGUST 2026 | EVENTS & ACTIVITIES

	MONDAY 24TH	TUESDAY 25TH	WEDNESDAY 26TH	THURSDAY 27TH	FRIDAY 28TH	SATURDAY 29TH	SUNDAY 30TH
HIGHLIGHT	AM TRIP - LEEDS CASTLE	PM BELLA THE THERAPY DOG	AM TRIP - EAGLE HEIGHTS	PM THE BRIDGE SPORTS AFTERNOON	PM ART THERAPY CLASS	AM CLASSIC COMEDY	AM CHURCH SERVICE
ACTIVITIES	AM Trip - Leeds Castle Reminiscing - Favourite Foods PM Afternoon Stroll Table Curling	AM Arts & Crafts Ball Games PM Clay Modelling Bella The Therapy Dog	AM Trip - Eagle Heights Hum That Tune PM Arts & Crafts Guess Who?	AM Bingo Higher/Lower Game PM The Bridge Sports Afternoon	AM Morning Stroll Word In A Word Game PM Art Therapy Class Chef Demonstration	AM Conversation Cards Classic Comedy PM Board Games What's In The Bag?	AM Church Service Men's Footie Trip PM Musical Entertainment
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 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser 9.00AM - 2.00PM Spa Therapy	9.30AM - 2.30PM Spa Therapy		10.00AM - 4.00PM Hairdresser	

WEEK 5



31 AUGUST 2026 | EVENTS & ACTIVITIES

	MONDAY 31ST						
HIGHLIGHT	AM TRIP - LEYBOURNE LAKES						
ACTIVITIES	AM Trip - Leybourne Lakes Pairs Game PM Picnic In The Gardens						
CINEMA	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						
SALON/SPA	9.00AM - 2.30PM Hairdresser 9.00AM - 5.00PM Nail Technician						