



1 - 6 SEPTEMBER 2026 | EVENTS & ACTIVITIES

		TUESDAY 1ST	WEDNESDAY 2ND	THURSDAY 3RD	FRIDAY 4TH	SATURDAY 5TH	SUNDAY 6TH
HIGHLIGHT		AM CHAIR YOGA	AM TRIP - TIMEWALK IMMERSIVE	AM RISE SPORTS	PM COCKTAILS IN THE GALLERY	PM AFTERNOON STROLL	AM CHURCH SERVICE
ACTIVITIES		AM Chair Yoga Hoy PM Afternoon Stroll Arts & Crafts	AM Trip - Timewalk Immersive Experience Sewing Workshop PM Water Painting Baking Club	AM Rise Sports Reminiscing - Performers & Singers PM Church Service Flower Arranging	AM Knit & Natter National Wildlife Day PM Cocktails In The Gallery	AM Card Games What's In The Bag PM Afternoon Stroll Bingo	AM Church Service Coffee & Chat PM Entertainment - Magicaïn
CINEMA		Film Showing	Film Showing	Film Showing	Film Showing	Film Showing	Film Showing
BRIDGEFIT		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 - 4.00PM Hairdresser 9.00AM - 3.00PM Spa Therapy 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 9.00AM - 3.00PM Nail Technician	9.00AM - 2.30PM Hairdresser 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser	9.00AM - 5.00PM Nail Technician

WEEK 1



7-13 SEPTEMBER 2026 | EVENTS & ACTIVITIES

	MONDAY 7TH	TUESDAY 8TH	WEDNESDAY 9TH	THURSDAY 10TH	FRIDAY 11TH	SATURDAY 12TH	SUNDAY 13TH
HIGHLIGHT	AM TRIP - HERNE BAY	PM BELLA THE THERAPY DOG	AM TRIP - CABLE CARS/UBER BOATS	AM MUSICAL ENTERTAINMENT	PM CHEF DEMONSTRATION	PM 1920'S THEMED AFTERNOON	AM CHURCH SERVICE
ACTIVITIES	AM Trip - Herne Bay Conversation Cards PM Reminiscing - School Mobility Games	AM Arts & Crafts Water Painting PM 70's Disco Sounds Bella The Therapy Dog	AM Trip - Cable Cars/Uber Boats Battleships PM Creative Mojo Memory Game/YouTube	AM Musical Entertainment PM Afternoon Stroll Garden Games	AM Quiz 60's Song Requests PM Chef Demonstration Musical Bingo	AM Morning Stroll Bingo PM 1920'S THEMED AFTERNOON	AM Church Service Coffee & Chat PM Card Games Arts & Crafts
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	

HIGHLIGHT: 12TH SEPTEMBER 2026 - 1920'S THEMED AFTERNOON
WEEK 2



14 - 20 SEPTEMBER 2026 | EVENTS & ACTIVITIES

	MONDAY 14TH	TUESDAY 15TH	WEDNESDAY 16TH	THURSDAY 17TH	FRIDAY 18TH	SATURDAY 19TH	SUNDAY 20TH
HIGHLIGHT	PM TRIP - PUB LUNCH	PM MUSICAL ENTERTAINMENT	AM TRIP - DOWN HOUSE	AM RISE SPORTS	PM FRENCH THEMED AFTERNOON	PM PAINT BY NUMBERS	AM CHURCH SERVICE
ACTIVITIES	AM Morning Stroll Knit & Natter PM Trip - Pub Lunch Anagram Quiz	AM Bella The Therapy Dog Chair Yoga PM Musical Entertainment	AM Trip - Down House Baking Club PM Baby Ballet	AM Rise Sports Arts & Crafts PM Country Music Quiz Afternoon Stroll	AM Mobility Games Quiz PM French Themed Dinner & Performance	AM Leaf Rubbing 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 1st Floor 10.30AM - 11.15AM BridgeFit 1st Floor 11.20AM - 12.00PM BridgeFit 2nd Floor 12.00PM - 12.30PM 1-to-1 w/Jane 2nd Floor 1.30PM - 3.30PM 1-to-1 w/Jane	10.30AM - 12.30PM 1-to-1 w/Lewis	10AM Wellbeing Talk 1st Floor 10.30AM - 11.15AM BridgeFit 1st Floor 11.20AM - 12.00PM BridgeFit 2nd Floor 12.00PM - 12.30PM 1-to-1 w/Jane 2nd Floor 1.30PM - 3.30PM 1-to-1 w/Jane		10AM Wellbeing Talk 1st Floor 10.30AM - 11.15AM BridgeFit 1st Floor 11.20AM - 12.00PM BridgeFit 2nd 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	



21-27 SEPTEMBER 2026 | EVENTS & ACTIVITIES

	MONDAY 21ST	TUESDAY 22ND	WEDNESDAY 23RD	THURSDAY 24TH	FRIDAY 25TH	SATURDAY 26TH	SUNDAY 27TH
HIGHLIGHT	AM TRIP - GOLF DRIVING RANGE	AM NURSERY CHILDREN VISIT	AM TRIP - TEMPLE HILL SPORTS MORNING	PM AFTERNOON STROLL	AM MACMILLAN COFFEE MORNING	PM MUSICAL ENTERTAINMENT	AM CHURCH SERVICE
ACTIVITIES	AM Trip - Golf Driving Range Morning Stroll PM Charades Balloon/Ball Games	AM Nursery Children Visit Musical Instruments PM Mindful Colouring Baking Club	AM Trip - Temple Hill Sports Morning Hoy PM Battleships Creative Mojo	AM Think Fast Bean Bag Toss PM Afternoon Stroll Scrabble	AM Macmillan Coffee Morning PM Kiddley Divey Bingo	AM Word Games Hoop La PM Musical Entertainment	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 - 3.00PM Nail Technician	9.00AM - 4.00PM Hairdresser 9.00AM - 3.00PM Nail Technician	10.00AM - 4.00PM Hairdresser 9.00AM - 2.00PM Spa Therapy 9.00AM - 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

WEEK 4



28 - 30 SEPTEMBER 2026 | EVENTS & ACTIVITIES

	MONDAY 28TH	TUESDAY 29TH	WEDNESDAY 30TH				
HIGHLIGHT	AM TRIP - MAYS TEA ROOMS	AM CHAIR YOGA	AM TRIP - KINGFISHER MARK				
ACTIVITIES	AM Trip - Mays Tea Room Higher/Lower Game PM Afternoon Stroll Table Curling	AM Chair Yoga Ball Games PM Musical Entertainment	AM Trip - Kingfisher Mark Hum That Tune PM Mobility Games Guess Who?				
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 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				
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 9.00AM - 1.00PM Nail Technician				