



1-4 OCTOBER 2026 | EVENTS & ACTIVITIES

				THURSDAY 1ST	FRIDAY 2ND	SATURDAY 3RD	SUNDAY 4TH
HIGHLIGHT				AM RISE SPORTS	AM MORNING STROLL	AM CHINESE CULTURE	AM CHURCH SERVICE
ACTIVITIES				AM Rise Sports Arts & Crafts PM Church Service Flower Arranging	AM Morning Stroll Word In A Word Game PM Hoy Water Painting	AM Chinese Culture Card Games PM Paint By Numbers Board Games	AM Church Service Coffee & Chat PM Knit & Natter 1-to-1 Sessions
CINEMA				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 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 - 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



5-11 OCTOBER 2026 | EVENTS & ACTIVITIES

	MONDAY 5TH	TUESDAY 6TH	WEDNESDAY 7TH	THURSDAY 8TH	FRIDAY 9TH	SATURDAY 10TH	SUNDAY 11TH
HIGHLIGHT	AM TRIP - PUB LUNCH / HARRY POTTER TOUR	AM SHAKE & TWIRL CLASS	AM TRIP - 10 PIN BOWLING	PM MUSICAL ENTERTAINMENT	PM CHEESE & WINE IN THE GALLERY	PM SPEAKER - KEITH SIMMONS	AM CHURCH SERVICE
ACTIVITIES	AM Trip - Pub Lunch/Harry Potter Tour Higher/Lower Game PM Afternoon Stroll Table Curling	AM Tin Can Alley Shake & Twirl Class PM Bella The Therapy Dog Word Games	AM Trip - 10 Pin Bowling Hoy PM Creative Mojo Baking Club	AM Bingo Water Painting PM Musical Entertainment	AM Who Am I? Ball Pong PM Afternoon Stroll Cheese & Wine	AM Arts & Crafts Cake Decorating PM Speaker - Keith Simmons	AM Church Service Chinese Culture PM Card Games Bean Bag Toss
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	

WEEK 2



12-18 OCTOBER 2026 | EVENTS & ACTIVITIES

	MONDAY 12TH	TUESDAY 13TH	WEDNESDAY 14TH	THURSDAY 15TH	FRIDAY 16TH	SATURDAY 17TH	SUNDAY 18TH
HIGHLIGHT	PM TRIP - NATIONAL MARITIME MUSEUM	AM CHAIR YOGA	AM TRIP - KENT/EAST SUSSEX RAILWAY	AM RISE SPORTS	PM CLASSIC AFTERNOON - TEA & PIANIST	PM ANAGRAM QUIZ	AM CHURCH SERVICE
ACTIVITIES	AM Trip - National Maritime Museum Primary School Visit PM Afternoon Stroll Baking Club	AM Tin Can Alley Chair Yoga PM Quiz Bella The Therapy Dog	AM Trip - Kent/East Sussex Railway Word Games PM Bingo Mobility Games	AM Rise Sports Arts & Crafts PM Chef Demonstration Sing-Along	AM Battleships Food Quiz PM Classic Afternoon - Tea & Pianist	AM Morning Stroll Chinese Culture PM Anagram Quiz Water Painting	AM Church Service Sunday Song Requests PM Name That Face Coffee & Chat
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	9.00AM - 5.00PM Nail Technician

WEEK 3



19-25 OCTOBER 2026 | EVENTS & ACTIVITIES

	MONDAY 19TH	TUESDAY 20TH	WEDNESDAY 21ST	THURSDAY 22ND	FRIDAY 23RD	SATURDAY 24TH	SUNDAY 25TH
HIGHLIGHT	PM TRIP - CARVERY LUNCH	PM BELLA THE THERAPY DOG	AM TRIP - TEMPLE HILL SPORTS MORNING	AM SPEAKER - ANN BYGRAVE (DANCER)	PM KIDDLEY DIVEY	PM MUSICAL ENTERTAINMENT	AM CHURCH SERVICE
ACTIVITIES	AM Higher/Lower Game Baking Club PM Trip - Carvery Lunch Hoy	AM Pairs Musical Instruments PM Bella The Therapy Dog Word Games	AM Trip - Temple Hill Sports Morning Arts & Crafts PM Battleships Creative Mojo	AM Speaker - Ann Bygrave (Ballroom Dancer) Bean Bag Toss PM Afternoon Stroll Scrabble	AM Word In A Word Game Balloon Tennis PM Kiddley Divey Bingo	AM Freemason Talk Hoop La PM Musical Entertainment	AM Church Service Chinese Culture PM Board 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 - 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



26 - 31 OCTOBER 2026 | EVENTS & ACTIVITIES

	MONDAY 26TH	TUESDAY 27TH	WEDNESDAY 28TH	THURSDAY 29TH	FRIDAY 30TH	SATURDAY 31ST	
HIGHLIGHT	AM TRIP - RUXLEY GARDEN CENTRE	PM MUSICAL ENTERTAINEMENT	AM TRIP - HORNIMANS MUSEUM	AM RISE SPORTS	AM VIRTUAL REALITY TIME	PM HALLOWEEN PARTY	
ACTIVITIES	AM Trip - Ruxley Garden Centre Higher/Lower Game PM Afternoon Stroll Table Curling	AM Chair Yoga Ball Games PM Musical Entertainment	AM Trip - Hornimans Museum Hum That Tune PM Balloon Modelling Guess Who?	AM Rise Sports Knit & Natter PM Boys/Girls Names Clay Modelling	AM Reminiscing - Fashion VR Time PM Halloween/Horror Quiz Blow Football	AM Chinese Culture Pairs PM HALLOWEEN PARTY	
CINEMA	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 9.00AM - 1.00PM Nail Technician	9.30AM - 2.30PM Spa Therapy		10.00AM - 4.00PM Hairdresser	

HIGHLIGHT: 31ST OCTOBER 2026 - HALLOWEEN PARTY
WEEK 5