1 NOVEMBER 2026 | EVENTS & ACTIVITIES

							SUNDAY 1ST
HIGHLIGHT							**AM CHURCH SERVICE**
ACTIVITIES							**AM** Church Service Coffee & Chat **PM** Knit & Natter 1-to-1 Sessions
CINEMA							Film Showing
BRIDGEFIT							
SALON/SPA							**9.00AM - 5.00PM** Nail Technician

WEEK 1

2-8 NOVEMBER 2026 | EVENTS & ACTIVITIES

	MONDAY 2ND	TUESDAY 3RD	WEDNESDAY 4TH	THURSDAY 5TH	FRIDAY 6TH	SATURDAY 7TH	SUNDAY 8TH
HIGHLIGHT	AM TRIP - CAFE FOR BREAKFAST	PM BELLA THE THERAPY DOG	PM TRIP - INDOOR BOWLS	PM BONFIRE NIGHT & DIWALI	PM COCKTAILS IN THE GALLERY	PM LUCY PET THERAPY	AM CHURCH SERVICE
ACTIVITIES	**AM** Trip - Cafe for Breakfast Arts & Crafts **PM** Henry VIII Speaker Balloon Tennis	**AM** Bingo Board Games **PM** Bella The Therapy Dog Word Games	**AM** 1-to-1 Sessions Hoy **PM** Creative Mojo 1-to-1 Sessions Trip - Indoor Bowls	**AM** Arts & Crafts Water Painting Reminiscing - Bonfire Night **PM** **BONFIRE & DIWALI EVENT**	**AM** Who Am I? Ball Pong **PM** Cocktails in The Gallery 1-to-1 Sessions	**AM** Arts & Crafts Lucy Pet Therapy **PM** Bingo 70's Disco Sounds	**AM** Church Service Bean Bag Toss **PM** Card Games Chinese Culture
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 - 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: 5TH NOVEMBER 2026 - BONFIRE & DIWALI EVENT

WEEK 2

9-15 NOVEMBER 2026 | EVENTS & ACTIVITIES

	MONDAY 9TH	TUESDAY 10TH	WEDNESDAY 11TH	THURSDAY 12TH	FRIDAY 13TH	SATURDAY 14TH	SUNDAY 15TH
HIGHLIGHT	**PM** **TRIP - MAYS TEA ROOMS**	**AM** **CHAIR YOGA**	**AM** **TRIP - KNIT/CRAFT CLASS NORTHFLEET**	**AM** **RISE SPORTS**	**PM** **KNIT & NATTER**	**AM** **WATER PAINITNG**	**AM** **CHURCH SERVICE**
ACTIVITIES	**AM** Trip - Mays Tea Rooms Name That Tune **PM** Hoy Baking Club	**AM** Tin Can Alley Chair Yoga **PM** Quiz Bella The Therapy Dog	**AM** Trip - Knit/Craft Class in Northfleet Rememberance Singer **PM** Bingo Mobility Games	**AM** Rise Sports Nursery Children Visit **PM** Chef Demonstration Name That Face	**AM** Battleships Food Quiz **PM** Arts & Crafts Knit & Natter	**AM** Water Painting Board Games **PM** Anagram Quiz Chinese Culture	**AM** Church Service Tin Can Alley **PM** Sing-Along Coffee & Chat
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	**9.00AM - 5.00PM** Nail Technician

WEEK 3

16-22 NOVEMBER 2026 | EVENTS & ACTIVITIES

	MONDAY 16TH	TUESDAY 17TH	WEDNESDAY 18TH	THURSDAY 19TH	FRIDAY 20TH	SATURDAY 21ST	SUNDAY 22ND
HIGHLIGHT	**PM** **TRIP - BEXLEYHEATH SHOPPING CENTRE**	**AM** **JANIE RAMSEY TALK - THE WINDORS**	**AM** **TRIP - TEMPLE HILL SPORTS MORNING**	**PM** **COUNTRY/WESTERN/ USA THEME**	**PM** **BLOOD RUNNERS TALK**	**PM** **CHINESE CULTURE**	**AM** **CHURCH SERVICE**
ACTIVITIES	**AM** Trip - Bexleyheath Shopping Centre Baking Club **PM** Higher/Lower Game Hoy	**AM** Janie Ramsey Talk - The Windors Musical Instruments **PM** Bella The Therapy Dog Word Games	**AM** Trip - Temple Hill Sports Morning Sewing Workshop **PM** Battleships Creative Mojo	**AM** Word Games Bean Bag Toss **PM** International Men's Day Lunch Country/Western Show PM	**AM** Word In A Word Game Balloon Tennis **PM** Tin Can Alley Blood Runners Talk	**AM** Nostalgic Baby Boomer Talk Hoop La **PM** National TV Day Chinese Culture	**AM** Church Service Coffee & Chat **PM** Board Games Sunday Matinee
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 - 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

23-29 NOVEMBER 2026 | EVENTS & ACTIVITIES

	MONDAY 23RD	TUESDAY 24TH	WEDNESDAY 25TH	THURSDAY 26TH	FRIDAY 27TH	SATURDAY 28TH	SUNDAY 29TH
HIGHLIGHT	**AM** **TRIP - POLEHILL GARDEN CENTRE**	**AM** **CHAIR YOGA**	**AM** **TRIP - BLUEWATER SHOPPING CENTRE**	**AM** **RISE SPORTS**	**PM** **KIDDLEY DIVEY**	**PM** **MUSICAL ENTERTAINMENT**	**AM** **CHURCH SERVICE**
ACTIVITIES	**AM** Trip - Polehill Garden Centre Higher/Lower Game **PM** Baking Club Table Curling	**AM** Chair Yoga Board Games **PM** Bella The Therapy Dog Mobility Games	**AM** Trip - Bluewater Shopping Centre/Lunch Hum That Tune **PM** Card Games Guess Who?	**AM** Rise Sports Knit & Natter **PM** Boys/Girls Names Clay Modelling	**AM** Word in a Word Game Water Painting **PM** Kiddley Divey Blow Football	**AM** 1-to-1 Sessions Pairs **PM** Musical Entertainment	**AM** Church Service Mobility Games **PM** Music Sounds Chinese Culture
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 - 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	

WEEK 5

30 NOVEMBER 2026 | EVENTS & ACTIVITIES

	MONDAY 30TH						
HIGHLIGHT	AM TRIP - ELTHAM PALACE						
ACTIVITIES	**AM** Trip - Eltham Palace Card Games **PM** Arts & Crafts Sounds of the 50's						
CINEMA	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						
SALON/SPA	**9.00AM - 2.30PM** Hairdresser **9.00AM - 3.00PM** Nail Technician						

WEEK 6