



1 - 5 JULY 2026 | EVENTS & ACTIVITIES

			WEDNESDAY 1ST	THURSDAY 2ND	FRIDAY 3RD	SATURDAY 4TH	SUNDAY 5TH
EVENTS HIGHLIGHTS			PM MUSICAL ENTERTAINMENT	AM TRIP - BEXLEYHEATH COFFEE VISIT	PM EXERCISE WITH RISE	AM BISI & GOSPEL CHOIR	AM HYMNS & CHURCH SERVICE
TOP FLOOR			AM Cora's Japanese Pastel Arts PM Tin Can Alley	AM Arts & Crafts PM Balloon Games	AM Doll Therapy PM Musical Entertainment with Sarah Starkey	AM Colour Me Calm PM Smoothie Making	AM Trip Down Memory Lane - Music From 1960's PM Hand & Nail Care
MIDDLE FLOOR			AM Jokes - International Joke Dau PM Chair Yoga	AM Sing-Along with Judith PM Dart Practice	AM Songs & Smiles PM Exercise With Rise	AM Bisi & Gospel Choir PM Bracelet Making	AM Church Service PM Discussion - Appreciation/Thankful
LOWER FLOOR			AM Garden Walk PM Musical Entertainment with Mark Sedgwick	AM What's On In The News PM Discussion - Favourite Past Times	AM Dominos & Scrabble PM Bingo	AM Word Games PM Cocktails In The Garden	AM Card Games PM Trivia Quiz & Games
CINEMA			Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book
SALON			Hairdresser	Closed	Hairdresser	Closed	Nail Care Technician



6 - 12 JULY 2026 | EVENTS & ACTIVITIES

	MONDAY 6TH	TUESDAY 7TH	WEDNESDAY 8TH	THURSDAY 9TH	FRIDAY 10TH	SATURDAY 11TH	SUNDAY 12TH
EVENTS HIGHLIGHTS	AM BOXERCISE	AM TRIP - RUXLEY GARDEN CENTRE	PM MUSICAL ENTERTAINMENT	AM TRIP - GEDDES PLACE	AM MUSICAL ENTERTAINMENT	PM COCKTAILS & WIMBLEDON	AM HYMNS & CHURCH SERVICE
TOP FLOOR	AM Seated Exercises PM Darts	AM Sing-Along with Judith PM Chocolate Making	AM Handprint Art PM Musical Entertainment with Franz Hepburn	AM Bowling PM The Book Nook	AM Musical Entertainment with Santino PM Magic Table	AM Music & Dancing PM Drinks On The Patio	AM Scarf Exercises PM Balloon Tennis
MIDDLE FLOOR	AM Boxercise PM Flower Arranging	AM Trivia Tuesday PM Archery	AM Seated Yoga PM Hand & Nail Care	AM Sing-Along with Judith PM Knit & Natter	AM Songs & Smiles PM Exercise with Rise	AM The Book Nook PM Cocktails & Wimbledon	AM Church Service PM Strawberries & Cream
LOWER FLOOR	AM Finish The Saying PM Hand Massages	AM Colour Me Calm PM Charades & Hot Chocolate	AM Creative Mojo Arts & Crafts PM Who Am I?	AM Memory Games PM The Book Nook	AM Word Associations PM Household Chores	AM Movie Matinee PM Wimbledon	AM Current Affairs PM Wimbledon
CINEMA	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book
SALON	Hairdresser	Closed	Hairdresser/Nail Care Technician	Closed	Hairdresser	Closed	Closed



13-19 JULY 2026 | EVENTS & ACTIVITIES

	MONDAY 13TH	TUESDAY 14TH	WEDNESDAY 15TH	THURSDAY 16TH	FRIDAY 17TH	SATURDAY 18TH	SUNDAY 19TH
EVENTS HIGHLIGHTS	AM Buki's Sewing Workshop	AM TRIP - DANSON PARK PICNIC	PM MUSICAL ENTERTAINMENT	PM TRIP - KINGFISHER BOAT EXPERIENCE	PM EXERCISE WITH RISE	PM SMOOTHIE MAKING	AM HYMNS & CHURCH SERVICE
TOP FLOOR	AM Buki's Sewing Workshop PM Guess The Smell - Spices	AM Sing-Along with Judith PM Arts & Crafts	AM Parachute Games PM Musical Entertainment with Scott/Elvis	AM Doll Therapy PM Rock Painting	AM Floor Games PM Guess The Animal	AM Sensory Fun PM Walk In The Park	AM Sow & Grow PM Ice Cream Making
MIDDLE FLOOR	AM Boxercise PM Guess The Song	AM Ocean Word Games PM Board Games	AM Seated Yoga PM Doll Therapy	AM Sing-Along with Judith PM Musical Bingo	AM Table Ping Pong PM Exercise With Rise	AM Bisi & Gospel Choir PM The Book Nook	AM Hand & Nail Care PM Discussion - Hobbies
LOWER FLOOR	AM What's On This Week? PM Movement To Music	AM Sea Creatures Quiz PM Movie Matinee	AM Cora's Japanese Pastel Arts PM Wish Wednesday	AM The Book Nook PM Floor Games	AM Movie Matinee PM Sow & Grow	AM Colour Me Calm PM Nelson Mandela Documentary	AM Balloon Games PM Ice Cream On The Patio
CINEMA	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book
SALON	Hairdresser	Closed	Hairdresser	Closed	Hairdresser	Closed	Nail Care Technician



20 - 26 JULY 2026 | EVENTS & ACTIVITIES

	MONDAY 20TH	TUESDAY 21ST	WEDNESDAY 22ND	THURSDAY 23RD	FRIDAY 24TH	SATURDAY 25TH	SUNDAY 26TH
EVENTS HIGHLIGHTS	AM BOXERCISE	AM TRIP - HALL PLACE GARDENS	PM MUSICAL ENTERTAINMENT	AM TRIP - WOODLANDS FARM TRUST	PM MUSICAL ENTERTAINMENT	JULY EVENT SUMMER FAYRE	AM HYMNS & CHURCH SERVICE
TOP FLOOR	AM Jewellery Making PM Sensory Games - Guess The Object	AM Sing-Along with Judith PM Skittles	AM Creative Mojo Arts & Crafts PM Arts & Crafts	AM Games PM Hand Massages	AM Chair Yoga PM Musical Entertainment with Annie Riley	AM SUMMER FAYRE PM Cheese & Wine Afternoon	AM Photo Sharing PM Movie Matinee
MIDDLE FLOOR	AM Boxercise PM Movie Matinee	AM Dawson Talks PM Painting	AM Seated Yoga PM Discussion - Windrush	AM Sing-Along with Judith PM Sports Quiz	AM Walk In The Park PM Exercise With Rise	AM SUMMER FAYRE PM Fun & Games	AM The Book Nook PM Painting
LOWER FLOOR	AM Knit & Natter PM Scrabble	AM Sow & Grow PM Movie Maintee	AM Movie Matinee PM Musical Entertainment with Gary King	AM Puzzles PM Bingo	AM Friendship Circle PM Hand & Nail Care	AM SUMMER FAYRE PM Cocktails In The Garden	AM Trivia PM Movie Matinee
CINEMA	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book
SALON	Hairdresser	Closed	Hairdresser	Closed	Hairdresser/Nail Care Technician	Closed	Closed



27 - 31 JULY 2026 | EVENTS & ACTIVITIES

	MONDAY 27TH	TUESDAY 28TH	WEDNESDAY 29TH	THURSDAY 30TH	FRIDAY 31ST		
EVENTS HIGHLIGHTS	AM BOXERCISE	AM TRIP - JUBILEE CLUB	PM MUSICAL ENTERTAINMENT	AM TRIP - DANSON STABLES LUNCH	PM MUSICAL ENTERTAINMENT		
TOP FLOOR	AM Sensory Games - What's In The Box PM Bread Making	AM Sing-Along with Judith PM Doll Therapy	AM Cora's Japanese Pastel Arts PM Pizza Making	AM Coffee & Chat PM Bracelet Making	AM Bingo PM Musical Entertainment with Barnfire		
MIDDLE FLOOR	AM Boxercise PM Sensory Games	AM Seated Exercise PM Arts & Crafts - Clay	AM Seated Yoga PM Sow & Grow	AM Sing-Along with Judith PM Splash Painting	AM Musical Bingo PM Exercise With Rise		
LOWER FLOOR	AM Buki's Sewing Workshop PM The Book Nook	AM Reflexology PM Games	AM Games PM Musical Entetainment with Andy Mace	AM Music In The Garden PM Movie Matinee	AM Puzzles PM Card Games		
CINEMA	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book	Resident's Choice - See Film Book		
SALON	Hairdresser	Closed	Hairdresser	Closed	Hairdresser		