

AUGUST 2026

VISITING: LATVIA

ACTIVITIES PLANNER

Monthly Events

Every Tuesday ~ **NEW** Lunch Club in all Dining Rooms

Thursday 6th ~ Jamaican Independence Day

Monday 10th - Friday 14th ~ Beach trips for Fish 'n' Chips

Wednesday 12th ~ Breast Cancer Now Afternoon Tea

Saturday 15th ~ VJ Day

Wednesday 19th ~ Safe Moving & Handling Informative Talk

Wednesday 26th ~ Gala Dinner

Saturday 29th ~ Blenheim's Summer Party

SATURDAY 1ST

SUNDAY 2ND

9.30 am 10.30 am 1:1 with Residents

11am Pamper Morning with Cooling Foot Spa or Hand Massages



3pm Wrinkly Writers in Lower Floor Lounge

4pm Balloon Tennis on Top Floor

9.30 am 10.30 am 1:1 with Residents

11am Sherry Social Trolley Across The Whole Home

2pm Colouring Activity On Top Floor For Colouring Book Day



3pm Film Club in the Cinema Room

6pm Residents Choice of Film in Top Floor Lounge

MONDAY 3RD

9.30am -10.30 am 1:1 with residents

11:30am Monday Movement Disco Exercise – on Top Floor



2pm Trip Out to Southsea for Ice Cream

4pm Gardening Club in the Garden

TUESDAY 4TH

9.30-10.30am 1:1 with residents

10.30am Dementia Choir in Petersfield



10.30am -12pm Shopping Trolley

12.30 **NEW** Lunch Club in all Dining Rooms

3pm Crossword Club in Lower Floor Lounge

WEDNESDAY 5TH

9.30 am 10.30 am 1:1 with Residents

11am Armchair Travel in the Bistro Visiting Riga Old Town



High Tea @ 3pm Across the Whole Home

4pm Residents Activities Meeting In The Lower Floor Lounge

THURSDAY 6TH

JAMACIAN Independence DAY

9.30 am 10.30 am 1:1 with Residents

11am Trip To The Triangle Centre For Coffee and Cake

3pm Jamaican Food Tasting and culture learning in the Bistro with our Jamaican Staff.

4pm Art Club in the Garden Jamaican Inspired Artwork

FRIDAY 7TH

9.30 am 10.30 am 1:1 with Residents

11am Create and Coffee Flower Arranging in the Bistro

2.30pm Making Blue Latvian Cocktail in the Bistro



3pm Friday Social in the Bistro with Board Games

SATURDAY 8TH

9.30 am 10.30 am 1:1 with Residents

11am Pamper Morning with Cooling Foot Spa or Hand Massages



3pm Wrinkly Writers _ Book Lovers Day in Lower Ground Lounge

4pm Parachute Game on Top Floor



SUNDAY 9TH

Book Lovers Day

9.30 am 10.30 am 1:1 with Residents

11am Sherry Social Trolley Across The Whole Home

2pm Walk Through Van Gogh Experience in Latvia on Top Floor

3pm Film Club in the Cinema Room Watching The Note Book



6pm Residents Choice of Film in Top Floor Lounge

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MONDAY 10 TH	TUESDAY 11 TH	WEDNESDAY 12 TH	THURSDAY 13 TH	FRIDAY 14 TH	SATURDAY 15 TH	SUNDAY 16 TH
11:30am Monday Movement Tai Chi Exercise on Top Floor 3pm Beach Trip to Hayling For Fish 'n' Chips  4pm NAPA Games on Tiny Tablet  Prioritising Wellbeing 4pm Gardening club on the lower ground floor with Emma	11am Blenheim Choir In The Bistro  10.30am -12pm Shopping Trolley 12.30 NEW Lunch Club in all Dining Rooms 3pm Church Service in Lower Floor Lounge 3pm Beach Trip to Hayling For Fish 'n' Chips	'Wear it Pink Day' 11am Armchair Travel in the Bistro 'Living In Latvia' 'Breast Cancer Awareness' High Tea @ 3pm in the Bistro BREAST CANCER NOW The research & care charity 3pm Beach Trip to Hayling For Fish 'n' Chips 4pm Residents Food Forum In The Lower Floor Lounge	11am Trip To The Triangle Centre For Coffee and Cake  3pm Beach Trip to Hayling For Fish 'n' Chips 	11am Create and Coffee Arts and Crafts in the Bistro Making Latvia Flags 2.30pm Making Fruit Smoothies in the Bistro 3pm Friday Social in the Bistro with 3pm Beach Trip to Hayling For Fish 'n' Chips	VJ DAY  11am Pamper Morning with Cooling Foot Spa or Hand Massages 2.30pm Church Service in Lower Ground Lounge  3pm VJ DAY CELEBRATION in Bistro 4pm Balloon Tennis on Top Floor	11am Sherry Social Trolley Across The Whole Home 2.30pm Hand Massages on Top Floor 3.30pm Film Club in the Cinema Room Tora Tora Tora  6pm Residents Choice of Film in Top Floor Lounge
MONDAY 17 TH	TUESDAY 18 TH	WEDNESDAY 19 TH	THURSDAY 20 TH	FRIDAY 21 ST	SATURDAY 22 ND	SUNDAY 23 RD
11:30am Monday Movement Disco Armchair Exercise – on Top Floor 2pm Trip Out to Petersfield Physic Gardens 4pm NAPA Games on Tiny Tablet  Prioritising Wellbeing 4pm Gardening club on the lower ground floor with Emma	10.30am Dementia Choir with Emma to Petersfield 10.30am -12pm Shopping Trolley 12.30 NEW Lunch Club in all Dining Rooms 3pm Crossword Club in Lower Floor Lounge 	11am Armchair Travel in the Bistro Visiting Rundale Palace  2.30pm Safe Moving and Handling Informative Talk in the Bistro Veteran High Tea @ 3pm Across the Whole Home  4pm Residents Meeting In The Lower Floor Lounge	11am Trip To The Triangle Centre For Coffee and Cake 2.30pm Baking Club in The Bistro Making – Biezpiena cepumi  4pm Art Club in the Garden	SENIOR CITIZEN DAY 9.30 am 10.30 am 1:1 with Residents 11am Trip Down Memory Lane – Celebrating Life Experiences in the Bistro 2.30pm Making Snowball Cocktails in the Bistro  3pm Friday Social in the Bistro with Bingo	9.30 am 10.30 am 1:1 with Residents 11am Pamper Morning with Cooling Foot Spa or Hand Massages  3pm Wrinkly Writers In Lower Ground Lounge 4pm Football on Top Floor 	11am Sherry Social Trolley Across The Whole Home 2.30pm Music Reminiscence on Top Floor  3pm Film Club in the Cinema Room 6pm Residents Choice of Film in Top Floor Lounge

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MONDAY 24 TH	TUESDAY 25 TH	WEDNESDAY 26 TH	THURSDAY 27 TH	FRIDAY 28 TH	SATURDAY 29 TH	SUNDAY 30 TH
11:30am Monday Movement – Yoga 2pm Trip Out to Devil's Punchbowl 4pm NAPA Games on Tiny Tablet  4pm Gardening club on the lower ground floor with Emma	10.30am Dementia Choir with Emma 10.30am –12pm Shopping Trolley 12.30 NEW Lunchclub in all Dining Rooms 3pm Church service in Lower floor Lounge 4pm Baking Club in the Bisro Making Banana Splits 	11am Armchair Travel in the Bistro Visiting Latvia's Greatest wonders  2.30pm Napkin Folding with Emma and Serena in the Bistro 4pm Residents Help To Set Up The Bistro 5pm Gala Dinner In The Bistro	11am Crossword Club In The Bistro  2pm Trip To Dessie Cafe  4pm Art Club in the Garden	11am Create and Coffee Knit and Natter  3pm Friday Social At The Royal British Legion In Liss 	11am Pamper Morning with Cooling Foot Spa or Hand Massages  3pm – 5pm Blenheim's Summer Party 	11am Sherry Social Trolley Across The Whole Home 2.30pm Football Games on Top Floor 3.30pm Film Club in the Cinema Room watching Summer Holiday  6pm Residents Choice of Film in Top Floor Lounge
MONDAY 31ST 11:30am Monday Movement – Musicals 2pm Trip Out to The Garden Centre  4pm NAPA Games on Tiny Tablet  4pm Gardening club on the lower ground floor with Emma						

Latvian Facts

Geography and Nature

Forests: Over 50% of the land is covered by trees.

Waterfalls: Home to Ventas Rumba, Europe's widest waterfall at 110 meters across.

Size: Total area is 64,559 square kilometers.

Culture and History

Flag: One of the world's oldest flags, used since 1279.

Language: Latvian is an ancient Indo-European language.

Song Festival: Huge UNESCO-recognized choral traditions involving tens of thousands of singers.