

January 2026



Activities Programme – In the House

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Years Day Celebrations Movies	2 4 pm - Activity session with Izzy – upstairs lounge 3pm – 5 activities with Dylan –downstairs	3 10- 12.00 –activities upstairs with Izzy PM One to One visits with Izzy
4 10- 12.00 –activities upstairs with Dylan PM - One to One visits with Dylan	5 11- 11:40 Exercise session with Nathan One to one sessions with Caroline	6 One to one sessions with Caroline	7 Entertainer – Victoria Star at 11am 3pm – 5 activities with Dylan –downstairs	8 Cheese n wine trolley One to one sessions with Caroline	9 Knitting Club 4 pm - Activity session with Izzy – upstairs lounge 3pm – 5 activities with Dylan –downstairs	10 10- 12.00 –activities upstairs with Izzy PM One to One visits with Izzy
11 10- 12.00 –activities upstairs with Dylan PM - One to One visits with Dylan	12 11- 11:40 Exercise session with Nathan One to one sessions with Caroline	13 One to one sessions with Caroline	14 11am – Prize Bingo 3pm – 5 activities with Dylan –downstairs	15 National Strawberry Ice cream day! – Ice Cream Treats One to one sessions with Caroline	16 4 pm - Activity session with Izzy – upstairs lounge 3pm – 5 activities with Dylan –downstairs	17 10- 12.00 –activities upstairs with Izzy PM One to One visits with Izzy
18 10- 12.00 –activities upstairs with Dylan PM - One to One visits with Dylan	19 11- 11:40 Exercise session with Nathan One to one sessions with Caroline	20 One to one sessions with Caroline	21 11am Twinings petting Farm 3pm – 5 activities with Dylan –downstairs	22 One to one sessions with Caroline	23 4 pm - Activity session with Izzy – upstairs lounge 3pm – 5 activities with Dylan –downstairs	24 10- 12.00 –activities upstairs with Izzy PM One to One visits with Izzy
25 10- 12.00 –activities upstairs with Dylan PM - One to One visits with Dylan	26 11- 11:40 Exercise session with Nathan One to one sessions with Caroline	27 11am Prize Bingo One to one sessions with Caroline	28 3pm – 5 activities with Dylan –downstairs	29 One to one sessions with Caroline	30 60's Themed Party Day ... fun from 11am 	31

January 2026



Activities Programme – In The Lodge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Years Day Celebrations in The Main House	2 Winter Wellness Sessions Hand massages/nails	3
4	5 Movie Sessions	6 National Shortbread day Baking Session	7 Entertainer – Victoria Star at 11am – In the main House	8 Cheese n wine trolley Chill Session	9 Knitting Club – in the main house Men’s Club – racing day	10
11	12 Memory Box	13 Arts & Crafts 60’s Tie Dye – top /head scarves	14 11am – Prize Bingo in the main house	15 National Strawberry Ice cream day! – Ice Cream Treats Nibble & a Natter	16 Arts & Crafts 60’s Poster Making	17
18	19 Gardening Session Herb Garden Pots	20 Soap Making	21 11am Twinings petting Farm - in The Main House	22 Flower Arranging	23 National Pie Day Baking	24
25	26 Garden Session Planning the garden for the spring	27 11am Prize Bingo In the main house	28 Pamper Session	29 Party Preparations – Arts n Crafts Hippie Film	30 60’s Themed Party Day ... fun from 11am 	31