

Floor 3 Lavender Lane

October 2026
Berkshire Care Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				3:30 Manicures and Hand Massages 1 6:00 Garden Visits 6:00 Colour Relaxation	2:00 Beauty Club 2 3:30 Tea and Talks	3:30 Music Appreciation 3
3:30 Coffee Chats 4 6:00 Enjoying Outdoors 6:00 Enjoying Outdoors 6:00 Board Games	3:30 Montessori Fluff and Fold 5 6:00 Movie Night	2:00 Walking Club 6 3:30 Fun and Fitness	2:00 Happy Hour Social 7 3:30 Tuck Shop 6:00 Restorative Group Exercise	3:30 Manicures and Hand Massages 8 6:00 Garden Visits 6:15 Seated Latin Dance with Amir	2:00 Beauty Club 9 3:30 Tea and Talks	2:00 Aromatherapy with Calming Scents 10 3:30 Music Appreciation
2:00 Guided Meditation 11 2:00 Physical Games 3:30 Coffee Chats 6:00 Enjoying Outdoors 6:00 Enjoying Outdoors 6:00 Board Games	3:30 Montessori Fluff and Fold 12	3:30 Fun and Fitness 13	2:00 Happy Hour Social 14 3:30 Tuck Shop 6:00 Restorative Group Exercise	3:30 Manicures and Hand Massages 15 6:00 Garden Visits 6:00 Colour Relaxation	2:00 Beauty Club 16 3:30 Tea and Talks	2:00 Aromatherapy with Calming Scents 17 3:30 Music Appreciation
3:30 Coffee Chats 18 6:00 Enjoying Outdoors 6:00 Enjoying Outdoors 6:00 Board Games	3:30 Montessori Fluff and Fold 19 6:00 Movie Night	3:30 Fun and Fitness 20 8:00 Discussion Group with Coffee & Cookies	2:00 Happy Hour Social 21 3:30 Tuck Shop 6:00 Restorative Group Exercise	3:30 Manicures and Hand Massages 22 6:00 Garden Visits 6:15 Seated Latin Dance with Amir	3:30 Tea and Talks 23	2:00 Aromatherapy with Calming Scents 24 3:30 Music Appreciation
2:00 Guided Meditation 25 2:00 Physical Games 3:30 Coffee Chats 6:00 Enjoying Outdoors 6:00 Enjoying Outdoors 6:00 Board Games	8:00 Municipal Election 26 3:30 Montessori Fluff and Fold	3:30 Fun and Fitness 27	2:00 Happy Hour Social 28 3:30 Tuck Shop 6:00 Restorative Group Exercise	3:30 Manicures and Hand Massages 29 6:00 Garden Visits 6:00 Colour Relaxation	2:00 Beauty Club 30 3:30 Tea and Talks	2:00 Halloween Birthday Party 31 3:30 Music Appreciation