

Floor 5

January 2026

Berkshire Care Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				8:15 Gentle Exercise and Sing Along 9:15 Trivia 10:15 Reading Circle 12:30 Tovertafel 1:45 Enjoying Outdoors 3:15 Card Games 6:00 Yesterday's Treasures	1 8:15 Friday Movie Morning 8:15 Pumpkin carving 10:15 Spiritual Discussion 12:30 Tovertafel 1:45 Enjoying Outdoors 3:00 Montessori Fluff and Fold 6:30 Movement to Music 7:30 Prayer Circle	2 8:15 Music & Movement Breaks 9:15 Sensory Cart 12:30 Tovertafel 1:45 Enjoying Outdoors 6:15 Movement to Music
9:00 Assumption Church Live Mass 10:15 Board Games 12:30 Tovertafel 1:45 Enjoying Outdoors 3:00 Physical Games 6:15 Aromatherapy	4 8:15 Bread Making 9:00 Chair Yoga or Gentle Stretching 10:15 Color Sorting or Matching 12:30 Tovertafel 1:45 Enjoying Outdoors 2:00 Colouring/Painting 6:00 Manicures and Hand Massages	5 8:15 Walking Groups 9:00 Snoezelen Cart 12:30 Tovertafel 1:45 Enjoying Outdoors 2:00 Spiritual Discussion 6:15 Sing-a-Long	6 8:15 Bread Making 8:45 Chair Yoga 10:15 Armchair Travel 12:30 Tovertafel 1:45 Enjoying Outdoors 6:15 Sensory Cart	7 8:15 Gentle Exercise and Sing Along 9:15 Trivia 10:15 Color sorting or matching 12:30 Tovertafel 1:45 Enjoying Outdoors 3:15 Card Games 6:00 Yesterday's Treasures	8 8:15 Friday Movie Morning 8:15 Pumpkin carving 10:15 Spiritual Discussion 12:30 Tovertafel 1:45 Enjoying Outdoors 3:00 Montessori Fluff and Fold 6:30 Movement to Music 7:30 Prayer Circle	9 8:15 Music & Movement Breaks 9:15 Sensory Cart 12:30 Tovertafel 1:45 Enjoying Outdoors 3:15 Gentle hand massage time 6:15 Movement to Music
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