

# Floor 2

# January 2026

## Berkshire Care Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:00 New Year Bingo 12:30 Courtyard Visits 6:00 Colour Relaxation 7:00 Montessori Fluff and Fold	1	12:30 Courtyard Visits 6:30 Tovertafel
12:30 Courtyard Visits 2:00 Physical Games 2:00 Guided Meditation 6:30 Hymn Sing	4 12:30 Courtyard Visits 6:00 Chair Yoga 6:30 Fun and Fitness	5 10:00 Bingo Tuesday 12:30 Courtyard Visits 2:00 Music Therapy 7:00 Spa Tuesday	6 12:30 Courtyard Visits 2:00 Happy Hour Social 3:30 Tuck Shop 6:30 Comedy Corner	7 10:00 Throwback Thursday 12:30 Courtyard Visits 2:00 Karaoke 6:15 Zumba with Allison 7:00 Montessori Fluff and Fold	8 12:30 Courtyard Visits 2:00 Beauty Club 6:30 Tovertafel	9 12:30 Courtyard Visits 1:15 Music Therapy 2:00 Aromatherapy with Calming Scents 6:30 Movement to Music
12:30 Courtyard Visits 2:00 Physical Games 6:30 Hymn Sing	11 12:30 Courtyard Visits 2:00 Crafty Creation (Arts&Crafts) 6:00 Movie Night 6:30 Fun and Fitness	12 12:30 Courtyard Visits 2:00 Bingo Tuesday 7:00 Spa Tuesday	13 12:30 Courtyard Visits 2:00 Happy Hour Social 3:30 Tuck Shop 6:30 Comedy Corner	14 12:30 Courtyard Visits 6:00 Colour Relaxation 7:00 Montessori Fluff and Fold	15 12:30 Courtyard Visits 2:00 Beauty Club 6:30 Tovertafel	16 12:30 Courtyard Visits 2:00 Aromatherapy with Calming Scents 6:30 Movement to Music
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