

Lavender 3

March 2026

Berkshire Care Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00 Physical Games 1 2:00 Guided Meditation 3:30 1:1 Calendar Delivery Visits	2:00 Chair Yoga 2 3:30 Montessori Fluff and Fold	2:00 Music Therapy- Harvest Room 3 3:30 Fun and Fitness	1:00 Happy Hour Social 4 3:30 Tuck Shop	10:00 Throwback Thursday 5 3:30 Manicures and Hand Massages 6:00 Colour Relaxation	2:30 Islamic Service - Harvest Room 6 3:30 Tea and Talks 4:00 Dice Games	2:00 Aromatherapy with Calming Scents 7 3:30 Music Appreciation 6:00 Beauty Club
2:00 Physical Games 8 3:30 coffee chats 7:00 Special Events - Other	2:00 Crafty Creation (Arts&Crafts) 9 3:30 Montessori Fluff and Fold 6:00 Movie Night	3:30 Fun and Fitness 10	2:00 Happy Hour Social 11 3:30 Tuck Shop	3:30 Manicures and Hand Massages 12 6:15 Zumba with Allison	2:00 Beauty Club 13 3:30 Tea and Talks	2:00 Aromatherapy with Calming Scents 14 3:30 Music Appreciation 6:00 Movies & Popcorn
2:00 Physical Games 15 2:00 Guided Meditation 3:30 coffee chats	2:00 Chair Yoga 16 3:30 Montessori Fluff and Fold	2:00 Happy Hour Social St Patricks Day 17 3:30 Fun and Fitness	2:00 Happy Hour Social 18 3:30 Tuck Shop	10:00 Throwback Thursday 19 3:30 Manicures and Hand Massages 6:00 Colour Relaxation	2:30 Islamic Service - Harvest Room 20 3:30 Tea and Talks	2:00 Aromatherapy with Calming Scents 21 3:30 Music Appreciation 6:00 Beauty Club
2:00 Physical Games 22 3:30 coffee chats	2:00 Crafty Creation (Arts&Crafts) 23 3:30 Montessori Fluff and Fold 6:00 Movie Night	2:00 Karaoke 24 3:30 Fun and Fitness	2:00 Happy Hour Social 25 3:30 Tuck Shop	3:30 Manicures and Hand Massages 26 6:00 Zumba with Allison	3:30 Tea and Talks 27	2:00 Aromatherapy with Calming Scents 28 3:30 Music Appreciation 6:00 Movies & Popcorn
2:00 Physical Games 29 3:30 coffee chats	2:00 Chair Yoga 30 3:30 Montessori Fluff and Fold	2:00 Karaoke 31 3:30 Fun and Fitness				