

Lifestyle Programme

Signature

Monday 8th – Sunday 14th December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>10.30am Current Affairs Discussion Group about recent News Headlines with Emma <i>Activities Room</i></p>	<p>10am Bus to Sunbury Antiques Market (wheelchair accessible) Book your seat</p>	<p>10am Bus to Kew Retail Park (wheelchair accessible) Book your seat</p>	<p>9.15am Bus to AFC Wimbledon (wheelchair accessible) Book your seat</p>	<p>10.45am Balls and Bands Exercise with Amanda <i>Library / Activities Room</i></p>	<p>10am Exercise Bike Sessions Available with Sky <i>Activities Room</i></p>	<p>10am Target Games and Boccia with Emma <i>Activities Room</i></p>
<p>11am Sheila's Shop Coombe's In House Shop open until 3pm <i>Activities Room</i></p>	<p>10.30am Flower Arranging Refresh the flowers in Monets with Emma <i>Activities Room</i></p>	<p>10am Exercise Bike and Workout Jump on the Exercise Bike with Palma <i>Activities Room</i></p>	<p>10.45am Exercise Session with G Fitness <i>Library / Activities Room</i></p>	<p>11am Sheila's Shop Coombe's In House Shop open until 3pm <i>Activities Room</i></p>	<p>10.30am Gardening Club with Julia <i>Garden Room</i></p>	<p>11am Online Church Service <i>Cinema Room</i></p>
<p>11.30am Let's Get a Jig Saw Puzzle Going! with Emma <i>Library</i></p>	<p>11.30am Exercise Session with My Physio London <i>Café Renoir</i></p>	<p>10.30am Film Reviews Write a structured film review with Emma <i>Activities Room</i></p>	<p>2pm Bus to Garsons Farm Garden Centre (wheelchair accessible) Book your seat</p>	<p>11.30am Pamper Time Get ready for the weekend! with Sky <i>Activities Room</i></p>	<p>11.30am Pre Lunch Tipple from the Trolley with Sky <i>Café Renoir</i></p>	<p>11.30am Room Visits From Emma and Lynne (Mother's Day special)</p>
<p>3pm Film Screening: MAMMA MIA! <i>Cinema Room</i></p>	<p>1.45pm Coombe Hill Infants School A performance from the children <i>Café Renoir</i></p>	<p>2pm Diplomacy — The Board Game with Emma <i>Activities Room</i></p>	<p>2.30pm Dancing with Simon <i>Café Renoir</i></p>	<p>3pm Film Screening: STEPMOM <i>Cinema Room</i></p>	<p>From 2pm Sports Bar — 6 Nations Rugby Ireland v Scotland, Wales v Italy, France v England <i>Bistro</i></p>	<p>3pm Film Screening: THE BLIND SIDE <i>Cinema Room</i></p>
<p>3pm Exercise Bike and Workout Jump on the Exercise Bike with Palma <i>Activities Room</i></p>	<p>2.30pm Cookery Class With the Chef <i>Activities Room</i></p>	<p>3pm Film Screening: TERMS OF ENDEARMENT <i>Cinema Room</i></p>	<p>3pm Arts and Crafts with Kirsteen <i>Third Floor Art Studio</i></p>	<p>4pm Musical Performance from BARRY STEVENS <i>Bistro</i></p>	<p>2.30pm Countdown with Julia <i>Activities Room</i></p>	<p>3.30pm Giant Scrabble with Emma <i>Library</i></p>
<p>4pm Plant Pot Painting Style your pots for the Library Balcony! <i>Activities Room</i></p>	<p>5pm Bus to The Rose Theatre (wheelchair accessible) FULLY BOOKED</p>	<p>4pm Canvas Painting with Sky <i>Third Floor Art Studio</i></p>	<p>4pm Creative Writing — Imaginary Journeys with Emma <i>Activities Room</i></p>	<p>4pm Poetry Reading with Sky <i>Activities Room</i></p>	<p>3.30pm Royal Academy of Music Recital Estelle on the Piano <i>Café Renoir</i></p>	<p>7pm Musical Performance from KWAKU <i>Bistro</i></p>