BRAEMAR LODGE – WHAT'S ON

October 2026

KEY

Physical | Emotional | Social | Cognitive & Sensory | All About Me

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1st October 10:30 Intergenerational Visit 11:00 Garden Walks 14:15 Tabletop Games 14:15 Music & Arts 16:00 Wellbeing & Mindfulness	**2nd October** 10:00 Documentary 11:15 Move Your Body 14:15 Memory Lane 15:00 Live Entertainment 18:15 All About You	**3rd October** 11:00 Move Your Body 11:00 Brain Boosters 14:15 Pampering & Relaxation 14:15 Music & Arts 18:15 Pampering & Relaxation	**4th October** 10:30 Music Appreciation 11:00 Sunday Service 14:00 Music Appreciation 14:15 Strategy Games 15:00 Garden Walks
5th October 11:00 Digital Skills 11:00 Move Your Body 14:15 Music Appreciation 15:15 Armchair Travel & Heritage 16:00 Wellbeing & Mindfulness	**6th October** 10:00 Minibus Trip 11:00 Love To Move 14:15 Flower Arranging 14:15 Tabletop Games 16:00 Brain Boosters	**7th October** 11:00 Chapter & Verse 11:15 Move Your Body 14:15 Arts & Crafts 14:15 Brain Boosters 18:15 Let's Watch A Film	**8th October** 10:45 Move Your Body 11:00 Brain Boosters 14:15 Wellbeing & Mindfulness 14:15 Tabletop Games 18:30 Social Gathering	**9th October** 10:00 Arts & Crafts 11:15 Move Your Body 14:15 Music Appreciation 14:15 Strategy Games 15:00 All About You	**10th October** 10:00 Coffee Connections 10:00 Arts & Crafts 11:00 Brain Boosters 14:15 Move Your Body 15:15 Move Your Body 18:15 Social Gathering	**11th October** 10:30 Music Appreciation 11:00 Sunday Service 14:15 Let's Watch A Film 14:30 All About You 15:15 All About You
12th October 11:00 Brain Boosters 11:00 Move Your Body 14:15 Shopping Service 14:15 Chapter & Verse 16:00 Brain Boosters	**13th October** 10:00 Documentary 11:00 Love To Move 14:15 Tabletop Games 15:00 Garden Walks 16:00 Brain Boosters	**14th October** 10:00 Breakfast Club 11:15 Move Your Body 14:15 Activity Planning Meeting 15:30 Shopping Service 16:00 Wellbeing & Mindfulness	**15th October** 10:30 Community Engagement 11:00 Move Your Body 14:15 Arts & Crafts 14:15 Music & Arts 16:00 Brain Boosters	**16th October** 11:00 Minibus Trip 11:15 Move Your Body 14:15 Quiz / Trivia 15:30 Brain Boosters 18:15 Bingo	**17th October** 11:00 Social Gathering 11:00 Move Your Body 14:15 Pampering & Relaxation 14:15 Cook's Corner 16:00 All About You	**18th October** 10:30 Music Appreciation 11:00 Sunday Service 14:15 Music & Arts 14:15 Strategy Games 15:00 Garden Walks
19th October 11:00 Brain Boosters 11:00 Move Your Body 14:15 Arts & Crafts 14:15 Wellbeing & Mindfulness 15:00 Armchair Travel & Heritage	**20th October** 10:30 Minibus Trip 11:00 Bingo 13:45 Minibus Trip 14:15 Tabletop Games 15:00 Garden Walks	**21st October** 10:45 Mobile Library 11:15 Move Your Body 14:15 Resident/Relative Meeting 15:30 Arts & Crafts 18:15 All About You	**22nd October** 11:00 Move Your Body 11:15 Chapter & Verse 14:15 Pampering & Relaxation 14:15 Tabletop Games 18:30 Bingo	**23rd October** 10:30 Minibus Trip 11:15 Move Your Body 14:15 Strategy Games 15:15 Tabletop Games 15:30 Wellbeing & Mindfulness	**24th October** 10:30 Brain Boosters 11:00 Move Your Body 14:15 Armchair Travel & Heritage 14:15 Tabletop Games 18:30 Social Gathering	**25th October** 10:30 Music Appreciation 11:00 Sunday Service 14:15 Let's Watch A Film 14:30 All About You 15:15 All About You
26th October 11:00 Current Affairs 11:00 Animal Visits 14:15 Live Entertainment 15:00 Garden Walks 16:00 Brain Boosters	**27th October** 10:30 Brain Boosters 11:00 Love To Move 14:15 Arts & Crafts 14:15 Tabletop Games 16:00 Wellbeing & Mindfulness	**28th October** 11:00 Music Appreciation 11:15 Move Your Body 14:15 Arts & Crafts 15:00 Quiz / Trivia 16:00 Comedy Hour	**29th October** 11:00 Move Your Body 11:00 All About You 14:15 Tabletop Games 14:15 Music & Arts 15:00 Social Gathering	**30th October** 10:00 Social Gathering 11:15 Move Your Body 14:15 Tabletop Games 14:15 Arts & Crafts 18:30 All About You	**31st October** 11:00 Move Your Body 11:15 Move Your Body 14:15 Pampering & Relaxation 14:15 Arts & Crafts 18:15 Let's Watch A Film	