

MON

TUE

WED

THUR

FRI

SAT

SUN

DOWNSTAIRS

OCT

2026

 Barton Lodge
where loving care matters

Your paragraph text



			01 10.45am Armchair exercises 2.00pm Dominos 	02 10.45am Word Wheel 2.00pm Paper puzzles 	03 10.45am Youtube film morning 2.00pm Wordsearch 1944 	04 10.45am Sunday News 2.00p.m. Film afternoon 
05 10.45am Art/crafts 2.00p.m. Mary plays the flute 	06 10.45am Youtube exercises 2.00pm Ludo 	07 10.45am Knit and Natter 2.00pm Uno cards 	08 10.45am Charity project 2.00pm Colour Therapy 	09 10.45am Armchair exercises 2.00pm Card games 	10 10.45am Chatter box 2.00pm Film afternoon 	11 10.45am Sunday crossword 2.00pm Brisk garden walks 
12 10.45am Flower arranging 2.00pm Chatterbox 	13 10.45am Crossword 2.00pm Rummikub 	14 11am Church group 2.00pm Scrabble 	15 10.45am Exercises 2.00-4.00 p.m. Okoberfest themed LLCafe 	16 10.45am Card games 2.00pm Boardgames 	17 10.45am Craft work 2.00pm Maze puzzles 	18 10.45am Knit and natter 2.00pm List-paper puzzles 
19 10.45am Charity project 2.00pm Boardgames 	20 10.45am Knit and natter 2.00pm Nigel sings 	21 10.45am Halloween crafts 2.00pm Wordscramble 	22 10.45am Move and groove 2.00pm Longword game 	23 10.45am Autumn cookie making 2.00pm Cookie trolley 	24 10.45am Arts and crafts 2.00pm Colour art 	25 10.45am Sunday Crossword 2.00pm Cinema time 
26 10.45am Pumpkin carving 2.00pm Angela- Pampering 	27 10.45am Shop trolley and Quiz 2.00pm Reading time 	28 10.45am Armchair exercises 2.00pm scrabble 	29 10.45am Longword game 2.00pm Leila-yoga 	30 10.45am wordwheel game 2.00pm Numbers game 	31 CELEBRATE HALLOWEEN 	

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**Activity Subject
to Change.**

Am
Comedy hour
Pm
Target games



Am
Puzzles
Pm
Art and crafts



Am
Exercises
Pm
sing a long Vera
Lynn



Am
Sunday News
Pm
Poetry



Am
Chatterbox
cards
Pm
Rhyming odd
one out



Am
Pampering
Pm
Armchair
exercises



Am
Read out loud
Pm
Sing a long



Am
Snakes and
Ladders
Pm
Name that tune



Am
Meaningful
colouring
Pm
Garden walks



Am
Debbie plays
the accordion
Pm
1970's Music



Am
Weekly News
catchup
Pm
Classic film



Am
Gentle exercises
Pm
Symmetry
drawing



Am
Pencil crafts
Pm
Golden oldie
songs



Am
Church Group
(Downstairs)
Pm
Read out loud



Am
Pampering
Pm
Brisk garden
walks



Am
Ball games
Pm
Block building



Am
Creative colouring
Pm
Scarf movement
game



Am
youtube exercises
Pm
Bingo



Am
Book club
Pm
Reminiscence



Am
Manicures
Am
Nigel sings
(Downstairs)



Am
Dot to dot
Pm
Ball games



Am
Pizza making
Pm
Pizza trolley



Am
Follow the lines
Pm
giant snakes
and ladders



Am
Sensory games
Pm
Ball games



Am
Remote church
service
Pm
Retro Film time



Am
Sit and stretch
Pm
Meaningful Art



Am
Chatterbox cards
Pm
craft work



Am
movement time
Pm
Giant dominos



Am
Sing a long
Pm
Yoga With Leila
(Downstairs)



Am
Puzzles
Pm
Boardgames



**CELEBRATE
HALLOWEEN**



October - Upstairs 2026