

What's on – Rockdale House in January 2026

SUBJECT TO CHANGE



Monday 5 th	Tuesday 6 th	Wednesday 7 th	Thursday 8 th	Friday 9 th	Saturday 10 th	Sunday 11 th
10am - Exercises. 11am - Games 2pm – Holy communion 3pm – Andy Mace singer.	10am – Molly exercises. 1:30am – Leanne hands massage. 2pm – Reading Club, residents choice. 3pm – Music round game.	10am - Exercises. 11am – residents games 1:45pm - Phils sing-along. 3pm – Quiz time	10am - Exercises. 10am – Coffee trip into town. 11am – Art club 2pm - Circle Dancing (BW)	10am - Exercises. 11am – Quiz 1:30pm – Board games 2pm – Bingo 3pm – Beetledrive	10am – Exercises. 11am – games 1:30pm – Quiz 2:30pm – Snakes & ladders. 3:30pm – Skittles.	10am – Games 11:30pm – Father Barry. 1:15pm - Songs of Praise 3pm – Film Club residents choice.
Monday 12 th	Tuesday 13 th	Wednesday 14 th	Thursday 15 th	Friday 16 th	Saturday 17 th	Sunday 18 st
10am - Exercises 11am – Residents games. 1:30pm – Film Club. 3pm – Magic Man	10am – Molly's exercise 11am – Art club. 1:30pm – Guess the stars 3pm – Lets Rock and Roll with Tim.	10am – Exercises 11am – Guess in 10 3pm – Game of chess anyone. 4pm – Residents choice of games.	10am – Exercises 10:30 am – Film club. 1:30pm – Table tennis 3pm - Bobs quiz	10am – Exercises. 11am – Bingo time. 1:30pm – Quiz round. 3pm – Paul singer.	10am – Morning Exercises. 11am – Residents choice of games. 2pm – Knit & Natter	10am – Games 1:15pm - Songs of Praise 3pm – Film Club.
Monday 19 th	Tuesday 20 th	Wednesday 21 th	Thursday 22 th	Friday 23 rd	Saturday 24 th	Sunday 25 st
10am – Exercises. 11am – Mobile shop 2pm – Holy communion 3pm – Residents choice of games.	10am – Exercises with Molly 11am – Guess the stars 2pm – Skittles and carpet bowls in lounges. 3pm – Games.	10am – Exercises 1:45pm – Phils singalong. 3pm – Table tennis. 4pm – Board games.	10am – Exercises. 11am – Games 2pm – Circle dancing with Sandie 3pm – Board games.	10am – Exercises. 11am – Art club. 1:30pm – Bob Ogley - Great Storm talk. 3pm – This Beans Spins. (Circus).	10am – Exercises. 11am – Games 2pm – Bingo 3pm - Residents choice of film.	10am – Games 11:30pm – Father Barry. 1:15pm - Songs of Praise
Monday 26 th	Tuesday 27 th	Wednesday 28 th	Thursday 29 th	Friday 30 th	Saturday 31 st	Sunday 1 st
10am – Exercises. 11am – Games. 2pm – Snakes and ladders 3pm – Leona singer.	10am – Molly exercises 11am – table tennis club & Games. 1:30pm – Jenja and UNO games. 3pm – Art club.	10am – Exercises. 11am – Residents choice of games. 1:30pm – Bingo 3pm – Tim's Talk.	10am – Exercises 11am – Games. 1:30pm – Reading club 3pm – Punch & Judy show.	10am – Exercises 11am – Coffee shop trip. 2pm – Music bingo 3pm – Biggin hill talk.	10am – Morning Exercises 11am – Games 1:30pm – Claire singer.	10am – Games 1:15pm - Songs of Praise
Monday 2 nd	Tuesday 3 th	Wednesday 4 nd	Thursday 5 th	Friday 6 th	Saturday 7 th	Sunday 8 th
10am – Exercise 11am – Games Snakes and ladders, table tennis. 2pm – Holy Communion	10am – Exercises. 11am – Residents choice of games. 2pm – Large crosswords 3pm – Scrabble time.	10am - Exercises. 11am – Carpet bowls 1:45pm – Phils singa long. 3pm – Games	10am – Exercises. 11am – Skittles 1:30pm – Games. 3:30pm - Quiz.	10am – Exercises 11am – Games in lounges. 1:30pm – Arts & Crafts 3pm – Leona singer.	10am – Games 11am – Skittles and Table tennis. 2pm – Quiz.	10am – Games 11:30pm – Father Barry. 1:15pm - Songs of Praise