

EVENTS & ACTIVITIES

October 2024

International Coffee Day

TUESDAY 1ST OCTOBER

World Smile Day

FRIDAY 4TH OCTOBER

National Curry Week

MONDAY 7TH – SUNDAY 14TH OCTOBER

Live music: Kevin Jacot

TUESDAY 8TH OCTOBER

Mental Health Awareness Day

THURSDAY 10TH OCTOBER

National Baking Week

MONDAY 14TH – SUNDAY 20TH OCTOBER

World Food Day

WEDNESDAY 16TH OCTOBER

Chocolate week

FRIDAY 18TH OCTOBER

Reptile day

MONDAY 21ST OCTOBER

Live music: Fiona Harris

SUNDAY 27TH OCTOBER

World Stroke Day

TUESDAY 29TH OCTOBER

Throughout the month we will also be hosting the following regular activities:

Cinema Club

EVERY DAY **in the afternoon**

Quiz

EVERY OTHER DAY

Word in Word

DAILY

Sensory activities

EVERY OTHER DAY **in the morning**

Knit and natter

EVERY MONDAY **in the afternoon**

Arts and crafts

EVERY MONDAY AND TUESDAY **in the afternoon**

Baking Club

EVERY MONDAY AND TUESDAY **in the afternoon**

Fitness with John

EVERY OTHER TUESDAY

Zumba Gold

EVERY OTHER TUESDAY

Documentaries

EVERY TUESDAY AND THURSDAY **in the afternoon**

Fun and games

EVERY TUESDAY AND THURSDAY **in the afternoon**

Literature Club

EVERY TUESDAY AND SUNDAY **in the morning**

Music group

EVERY WEDNESDAY **in the afternoon**

Live entertainment

EVERY WEDNESDAY AND THURSDAY

Chair yoga

EVERY MONDAY, WEDNESDAY AND FRIDAY MORNING

Discussion group

EVERY THURSDAY AND ON THE WEEKENDS **in the morning**

History Club

EVERY FRIDAY AND SUNDAY **in the morning**

Holy Communion

FIRST WEEK OF THE MONTH

Contact us today on **01252 941 300** to find out more about these upcoming events and activities, or why not suggest an activity yourself!