

EVENTS & ACTIVITIES

October 2025



Rocktober

WEDNESDAY 1ST OCTOBER at 2.00pm

Brain and body

FRIDAY 3RD OCTOBER at 11.00am

Art with Ellen

MONDAY 6TH OCTOBER at 2.30pm

Exercise with Jo

TUESDAY 7TH OCTOBER at 11.00am

Church service

MONDAY 13TH OCTOBER at 11.00am

Great British Bake Off

WEDNESDAY 15TH OCTOBER at 2.00pm

Riaz's chair yoga

THURSDAY 16TH OCTOBER at 11.00am

All Saints Church for tea

FRIDAY 17TH OCTOBER at 3.00pm

Rise life

FRIDAY 17TH OCTOBER at 2.00pm

Performing pets

MONDAY 28TH OCTOBER at 2.00pm

Brain and body

FRIDAY 31ST OCTOBER at 11.00am

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

Flower arranging

ONCE A WEEK

Armchair travel

ONCE A WEEK

Quiz

ONCE A WEEK

Armchair animal kingdom

ONCE A WEEK

Seated exercise

ONCE A WEEK

Cooking club

EVERY TWO WEEKS

Contact us today on **01727 223600** to find out more about these upcoming events and activities, or why not suggest an activity yourself?