

# EVENTS & ACTIVITIES

## October 2024

### **National Hair Day**

TUESDAY 1<sup>ST</sup> OCTOBER

### **World Animal Day**

FRIDAY 4<sup>TH</sup> OCTOBER

### **Sing with Rob**

TUESDAY 8<sup>TH</sup> OCTOBER

### **World Post Day**

WEDNESDAY 9<sup>TH</sup> OCTOBER

### **Café grand opening**

FRIDAY 11<sup>TH</sup> OCTOBER

### **Lucy Franko Yoga**

WEDNESDAY 16<sup>TH</sup> OCTOBER

### **National Album Day**

SATURDAY 19<sup>TH</sup> OCTOBER

### **Cooking with Kathy**

SUNDAY 20<sup>TH</sup> OCTOBER

### **ZooLab – World Reptile Day**

MONDAY 21<sup>ST</sup> OCTOBER

### **World Opera Day**

FRIDAY 25<sup>TH</sup> OCTOBER

### **Lucia's Tiny Farm**

THURSDAY 31<sup>ST</sup> OCTOBER

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

### **Book Club**

EVERY MONDAY at 11.30am

### **Exercise session**

EVERY MONDAY TO SATURDAY at 10.30am

### **Knit and natter**

EVERY TUESDAY at 11.30am

### **Art Club**

EVERY THURSDAY in the afternoon

### **Church service**

FORTNIGHTLY

### **Therapy dog visit**

FORTNIGHTLY

Contact us today on **01608 698 100** to find out more about these upcoming events and activities, or why not suggest an activity yourself!