


October 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31					1	2
11.30- Gentle exercise 2.30 - Halloween cake trolley					2.30 – Games	
3	4	5	6	7	8	9
11.30 – Gentle exercise 2.30 - Picture quiz	11.30 - Ollie the dog 2.30 - Play your cards right	11.30 – Word puzzles 3pm - Communion	11:00 - Music therapy 2.30 - Quiz	11.30 – Music & movement 2.30 - Indoor gardening	2.30 – Tuck shop	
10	11	12	13	14	15	16
11.30 – Gentle exercise 2.30 – Boggle	11.30 - Craft workshop 2.30- Hand & nail pamper	11.30 – Interactive games 2.30 – Exploring the internet	11.30 – Quiz 2.30 – Art	11.30 – Music & movement 2.30 – Poetry recitals	2.30 – Entertainer Anna Tharia	
17	18	19	20	21	22	23
11.30 - Gentle exercise 2.30 – Board games	11.30 – Ollie the dog 2.30 - Crosswords	11.30 – Alphabet challenge 2.30 – Church service	11.30 – Quiz 2.30 – Indoor tennis	11.30 – Music & movement 2.30 – Word puzzles	2.30 - Bingo	
24	25	26	27	28	29	30
11.30 – Gentle exercise 2.30 – Sing-a-long	11.30 – Skittles 2.30 – Card games	11.30 – Garden walks 2.30 – Word puzzles	11.30 – Quiz 2.30 – Hand & nail pamper	11.30 – Music & movement Resident forum 2.30 – Friday feast trolley	2.30 – Horse racing	