

2nd Monday

Morning: Mindful Mondays Music Afternoon: Monty & Jasper visit - 2.30pm

3rd Tuesday

Morning: Horoscope Club *Afternoon:* We-Fitness - **2.30pm**

4th Wednesday

Morning: Hand Putty Exercise Workshop Afternoon: Quiz Time

5th Thursday

Morning: Hairdresser *Afternoon:* "Reminiscence" Band - **2.30pm**

6th Friday

Morning: Friday Files - Newspaper Club Afternoon: Local Outings and Skittles

9th Monday

Morning: Mindful Mondays & Manicures Afternoon: Digital Interactive Table

10th Tuesday

Morning: Tuesday Tunes *Afternoon:* Volleyball - **2.30pm**

11th Wednesday

Morning: Home Church - 10.45am *Afternoon:* Bingo - 2.30pm

12th Thursday

Morning: Hairdresser *Afternoon:* Individual Local Outings

13th Friday

Morning: Let's Decorate!

Afternoon: End of Summer 60's Party, with Geoff Dean entertaining - 2.30pm Dress Up in Costume!

16th Monday

Morning: Mindful Mondays - Manicures *Afternoon:* Namaste Spa - **2.30pm**

17th Tuesday

Morning: Tuesday Tunes
Afternoon: Handi-Crafts - 2.30pm

18th Wednesday

Morning: Armchair Travel Afternoon: Garden Care Club

19th Thursday

Morning: Hairdresser *Afternoon:* Salvation Army Service - **2.30pm**

20th Friday

Morning: Lyndhurst Library
Afternoon: Drum Circle - 2.30pm

21st Saturday International Day of Peace

23rd Monday

Morning: Mindful Mondays - Manicures *Afternoon:* Halloween Survey & Reminiscence

24th Tuesday

Morning: National Art In Care Homes Day Afternoon: Modelling Clay Art Class- 2.30pm

25th Wednesday

Morning: Wednesday Walk-About *Afternoon:* Parachute Club - **2.30pm**

26th Thursday

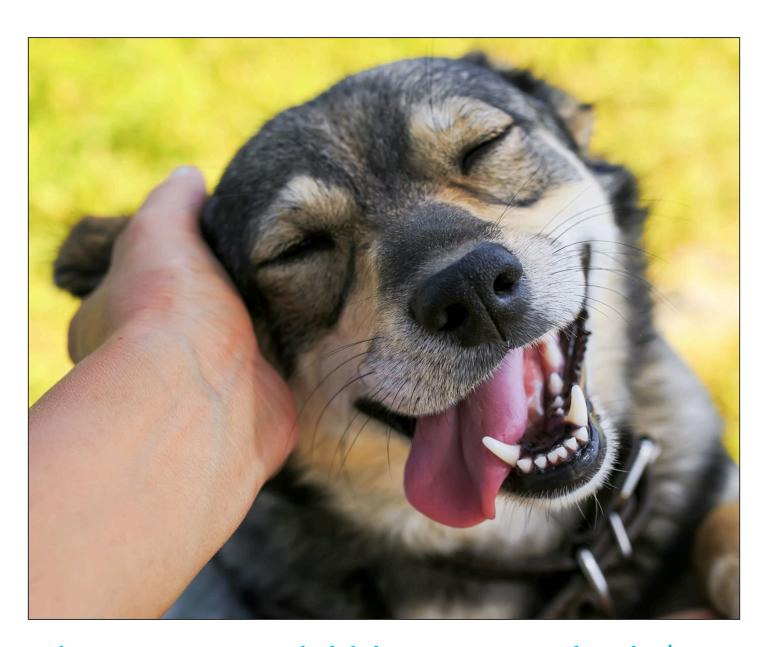
Morning: Hairdresser
Afternoon: Local Individual Outings - 2.30pm

27th Friday

Morning: MacMillan Coffee Morning Fund-raiser **Afternoon:** Bingo - **2.30pm**

30th Monday Morning: Crosswords & Puzzles Afternoon: Autumn Sensory Quiz - 2.30pm

If you should have any questions about any of the listed Activities here above, or any suggestions, please do not hesitate to ask any one in our Activities Team!



Please note: Activities scheduled are as a suggested guide & may change depending on what the residents wish to choose, or changes in weather for outdoor activities or other unforeseen circumstances.