



October 2024 Activities Agenda



1st Tuesday

Morning: Tuesday Tunes

Afternoon: Skittles - 2.30pm

2nd Wednesday

Morning: Hand Putty Exercises

Afternoon: Halloween Survey

3rd Thursday

Morning: Armchair Travel

Afternoon: "Country Blues" musical entertainment- 2.30pm

4th Friday

Morning: High Pines Library

Afternoon: Parlour Games

7th Monday

Morning: Manicures & Massages

Afternoon: Painting Workshop - 2.30pm

8th Tuesday

Morning: Word Searches & Puzzles

Afternoon: Higher or Lower Game - 2.30pm

9th Wednesday

Morning: Residents Surveys

Afternoon: Quiz Time - 2.30pm

10th Thursday

Morning: Scrapbooking

Afternoon: Local Outings - Nature walk - 3pm

11th Friday

Morning: Hairdresser

Afternoon: Bingo - 2.30pm

14th Monday

Morning: Mindful Monday Music

Afternoon: Basketball - 3pm

15th Tuesday

Morning: Tuesday Tunes

Afternoon: G-Fitness - 2.30pm

16th Wednesday

Morning: Salvation Army Service - 11am

Afternoon: WORLD FOOD DAY
Food tasting from around the world!!! - 3pm

17th Thursday

Morning: Dignity Meeting

Afternoon: Local Outings

18th Friday

Morning: The Friday Files

Afternoon: Darts Tournament - 3pm

21st Monday

Morning: Mindful Mondays - Manicures

Afternoon: Aromatherapy & Massage - 3pm

22nd Tuesday

Morning: Busy Bee's Household Helpers

Afternoon: "Move it or lose it" Exercise Video Team

23rd Wednesday

Morning: Wednesday Walk-about

Afternoon: Sandwich making & creating! 3pm

24th Thursday

Morning: Horoscope Club

Afternoon: YOGA - 2.30pm

25th Friday

Morning: Hairdresser

Afternoon: Pumpkin Decorating & Carving - 2.30pm

28th Monday

Morning: Monday Make-overs

Afternoon: Baking Club - Christmas Cakes! - 2.30pm

29th Tuesday

Morning: Crosswords & Puzzles

Afternoon: Namaste Spa - 2.30pm

30th Wednesday

Morning: Wednesday Walk-about

Afternoon: Famous Faces Quiz - 3pm

31st Thursday

Morning: Let's Decorate!

Afternoon: Halloween Tea Party - 2.45pm

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.