



October 2024 Activities Agenda



1st Tuesday

Morning: Tuesday Tunes

Afternoon: Skittles - 2.30pm

2nd Wednesday

Morning: Hand Putty Exercises

Afternoon: We-Fitness - 2.30pm

3rd Thursday

Morning: Hairdresser

Afternoon: Sewing Crafts - *Fabric Hearts* - 2.30pm

4th Friday

Morning: Lyndhurst Library

Afternoon: Small Outing to Whitstable Castle - 2pm

7th Monday

Morning: Manicures & Massages

Afternoon: Painting Workshop - 2.30pm

8th Tuesday

Morning: Word Searches & Puzzles

Afternoon: Cuddle Club visit - 2.30pm

9th Wednesday

Morning: Residents Surveys

Afternoon: Quiz Time - 2.30pm

10th Thursday

Morning: Hairdresser

Afternoon: Local Outings & Quiz Ball

11th Friday

Morning: Horoscope Club

Afternoon: Bingo - 2.30pm

14th Monday

Morning: Mindful Monday Music

Afternoon: Digital Interactive Table & Art Project for Harvest

15th Tuesday

Morning: Residents Choice

Afternoon: Namaste Spa - 2.30pm

16th Wednesday

Morning: World Food Day!

Afternoon: Food tasting from around the world!!! - 2.30pm

17th Thursday

Morning: Hairdresser

Afternoon: Local Outings/Famous Faces Quiz

18th Friday

Morning: The Friday Files

Afternoon: Darts Tournament - 2.30pm

21st Monday

Morning: Mindful Mondays - Manicures

Afternoon: YOGA - 2.30pm

22nd Tuesday

Morning: Busy Bee's Household Helpers

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

23rd Wednesday

Morning: Manicures & Massages

Afternoon: Salvation Army visit - Harvest Festival 2.30pm

24th Thursday

Morning: Hairdresser

Afternoon: Country Blues Country & Western Party! - 2pm

Dress up Country & Western Style!

25th Friday

Morning: Dignity Meeting

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: Home Church - 3pm

31st Thursday

Morning: Hairdresser

Afternoon: Halloween Mobile 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.