

EVENTS & ACTIVITIES

October 2024

Dance exercise with Shona

WEDNESDAY 2ND AND 16TH OCTOBER at 3.00pm

Rouge bowling

WEDNESDAY 2ND OCTOBER at 2.30pm

Respite reunion

FRIDAY 4TH OCTOBER at 2.00pm – 4.00pm

Zumba with Mareda

TUESDAY 8TH AND 22ND OCTOBER at 2.00pm

Trip to Ashridge Estate

WEDNESDAY 16TH OCTOBER at 2.00pm

Trip to Peterly Manor Farm

SATURDAY 19TH OCTOBER at 11.00am

Blue Light Breakfast

MONDAY 28TH OCTOBER at 8.30am

World Stroke Day – Cycle Challenge

TUESDAY 29TH OCTOBER

Singing for the brain

THURSDAY 31ST OCTOBER at 10.30am

Pumpkin carving contest

THURSDAY 31ST OCTOBER at 2.00pm

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

Coffee social

DAILY

Church service

EVERY SUNDAY

Cooking club

ONCE A WEEK

Bingo

ONCE A WEEK

Minibus trips

ONCE/TWICE A WEEK

Exercise Class

ONCE/TWICE A WEEK

Contact us today on **01296 438 000** to find out more about these upcoming events and activities, or why not suggest an activity yourself!