



EVENTS & ACTIVITIES

October 2026

Fitness and mobility with Joe

THURSDAY 8TH OCTOBER from 11.00am

Music, fun and movement with Yvette

FRIDAY 9TH OCTOBER from 11.00am

Visit from Wild Science

SUNDAY 11TH OCTOBER from 2.00pm

Live music: ukulelist Bec

MONDAY 12TH OCTOBER from 11.00am

Pamper session with Rachael

WEDNESDAY 14TH OCTOBER from 3.00pm

Pilates with Kim

TUESDAY 20TH OCTOBER from 2.30pm

Fitness and mobility with Joe

FRIDAY 23RD OCTOBER from 11.00am

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

Home Bakes

EVERY TUESDAY from 2.00pm

Hairdresser

EVERY TUESDAY By appointment

Church service

EVERY SUNDAY from 3.00pm

Minibus trips

FIRST FRIDAY OF THE MONTH, THEN EVERY WEDNESDAY

Chiropodist

EVERY 6 WEEKS

Contact us today on **01993 222800** to find out more about these upcoming events and activities, or why not suggest an activity yourself?

