



# EVENTS & ACTIVITIES

## October 2024

### **International Coffee Day**

TUESDAY 1<sup>ST</sup> OCTOBER at 3.00pm

### **Blue Light Breakfast**

WEDNESDAY 2<sup>ND</sup> OCTOBER at 9.00am

### **Dawson talks**

THURSDAY 3<sup>RD</sup> OCTOBER at 2.30pm

### **Breast Cancer Awareness Month**

SATURDAY 5<sup>TH</sup> OCTOBER

### **Opera singer: Harry Kersley**

TUESDAY 8<sup>TH</sup> OCTOBER at 2.30pm

### **National Chess Day**

SATURDAY 12<sup>TH</sup> OCTOBER at 3.00pm

### **World Food Day**

WEDNESDAY 16<sup>TH</sup> OCTOBER at 12.30pm

### **Getting the birds ready for winter**

FRIDAY 18<sup>TH</sup> OCTOBER at 3.00pm

### **Sip and paint**

SATURDAY 26<sup>TH</sup> OCTOBER at 2.30pm

## **World Stroke Day**

TUESDAY 29<sup>TH</sup> OCTOBER at 3.00pm

## **Baby boppers**

WEDNESDAY 30<sup>TH</sup> OCTOBER at 2.30pm

## **Fancy dress party**

THURSDAY 31<sup>ST</sup> OCTOBER

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

## **Exercises in the Mariposa Lounge**

EVERY MONDAY at 10.30am

## **Scrabble Club**

EVERY TUESDAY at 2.00pm

## **Seated exercise**

EVERY WEDNESDAY at 10.30am

## **Flower arranging**

EVERY THURSDAY at 11.30am

## **Film afternoon**

EVERY FRIDAY at 2.00pm

## **Church service**

EVERY SUNDAY at 10.00am

Contact us today on **020 3957 5200** to find out more about these upcoming events and activities, or why not suggest an activity yourself



