



EVENTS & ACTIVITIES

October 2026

Sing-along session with Frven

FRIDAY 2ND OCTOBER from 11.00am

Pampering afternoon

TUESDAY 6TH OCTOBER from 2.00pm to 4.00pm

Harvest Festival Service

WEDNESDAY 7TH OCTOBER from 11.00am

Chair yoga with Riaz

THURSDAY 8TH OCTOBER from 11.00am

Live entertainment: *All Puff and Wind Orchestra*

THURSDAY 8TH OCTOBER from 2.30pm

World Food Day

FRIDAY 16TH OCTOBER

Live entertainment from Ronan

FRIDAY 16TH OCTOBER from 3.30pm

Rise Life

FRIDAY 23RD OCTOBER from 2.00pm

Visit from Performing Pets

TUESDAY 27TH OCTOBER from 2.00pm

Brain and Body Gym Class

TUESDAY 27TH OCTOBER from 2.00pm

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

Flower arranging

EVERY MONDAY

Prize Bingo

EVERY MONDAY

Anna Chaplain

EVERY WEDNESDAY

Table tennis coaching

EVERY THURSDAY

Quiz

EVERY FRIDAY

Church service livestream

EVERY SUNDAY

Seated exercise

TWICE A WEEK

Armchair travel

EVERY WEEK

Knit and Natter

EVERY WEEK

Art Club

EVERY WEEK

Cooking Club

EVERY TWO WEEKS

Visit from therapy dog Casper and owner Sylvia

ONCE A MONTH

Contact us today on **01727 223600** to find out more about these upcoming events and activities, or why not suggest an activity yourself?

