

OCTOBER

Tuesday 2nd - Music and Movement at 11am. Gentle exercise with uplifting music.

Thursday 4th - Planting Winter Pansies in the main garden from 10.30am.



Friday 5th (and every Friday afternoon at 2.00pm) - A fun quiz about stories from this week's news.

Monday 8th - Henry the Balloon Man is here at 11am with games, exercises and music.



Thursday 11th - The start of our Autumn Tree art and craft project. Every resident is invited to decorate a leaf. All the leaves will be displayed on our wall art tree.



Monday 15th - This afternoon we will be entertained by singer Ann Roach from 2.30pm.

Wednesday 17th - In our Cookery session starting at 10.30am, we will be using seasonal vegetables to create our entry for the 'Breath of Fresh Air' competition.



Thursday 18th - Planting wallflowers in the main garden from 2pm.

Tuesday 30th - Starting at 2.30pm, join us for our Halloween themed 'Dancing for Dignity' event with music provided by Dave Cox.

