

October

2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<u>1</u> Trip Out / Pamper Day	<u>2</u> Alan Turner 10.30am / Games	<u>3</u> Trip Out	<u>4</u> Macmillan Coffee	<u>5</u> Chair Exercise 1.30pm	<u>6</u> Residents Choice
<u>7</u> Trip to Crosspool Tavern	<u>8</u> Chair Exercises 1.30pm	<u>9</u> Andy Greaves	<u>10</u> Trip Out	<u>11</u> Trip out for Coffee / Bowling	<u>12</u> Residents Choice	<u>13</u> Residents Choice
<u>14</u> Trip Out / Bowling	<u>15</u> Lost Chord 10.45am / Chair Exercises 1.30pm	<u>16</u> Baking	<u>17</u> Trip Out / Terry – Singer 2.00pm	<u>18</u> Trip to Matlock Bath	<u>19</u> Residents Choice	<u>20</u> Residents Choice
<u>21</u> Quiz	<u>22</u> Trip to Chatsworth / Chair Exercises 1.30pm	<u>23</u> Reminiscing / Scrabble / Dominoes	<u>24</u> Trip Out / Alan Turner 1.30pm	<u>25</u> Drive Out / Flower Arranging	<u>26</u> Residents Choice	<u>27</u> Residents Choice
<u>28</u> Pamper Morning / Quiz	<u>29</u> Coffee Trip / Movie Afternoon	<u>30</u> Bingo / Chair Exercises 1.30pm	<u>31</u> Trip Out / Alan Turner 2.00pm / Halloween Party			

EVENTS

Please be aware that the activities are subject to change possibly at short notice.