



# OCTOBER ACTIVITIES 2019

DATE	ACTIVITY
<b>Tuesday 1<sup>st</sup></b>	Do It Yourself Chair Exercises (BdRm) at 2:30 pm
<b>Wednesday 2<sup>nd</sup></b>	Art Group (BdRm) at 10:15 am Story Telling (Agnes House) 11:00 am to 12:00 noon Card Making (BdRm) at 2:30 pm
<b>Thursday 3<sup>rd</sup></b>	<b>Coffee Morning (BdRm) at 10:15 am incorporating a talk by Governor Dr Susan Barton about the work of Mablethorpe Children's Home</b> Music & Movement (Agnes House) at 11:15 am to 12:15 pm
<b>Friday 4<sup>th</sup></b>	<b>Prevention of Falls Exercises 11:30 am Lounge - Agnes House</b> Games (Agnes House) at 2:00 pm Bingo (BdRm) at 2:30 pm
<b>Monday 7<sup>th</sup></b>	DIY Pilates (Mtg Rm) at 10:00 am Bingo (Agnes House) 2:00 pm to 4:00 pm Scrabble (BdRm) 7:00 pm
<b>Tuesday 8<sup>th</sup></b>	Homegroup (Mtg Rm) at 10:30 am Do It Yourself Chair Exercises (BdRm) at 2:30 pm
<b>Wednesday 9<sup>th</sup></b>	Art Group (BdRm) at 10:15 am Boundary Mills Trip <b>Depart 9:00 am Return 3:00 pm</b> Story Telling (Agnes House) 11:00 am to 12:00 noon
<b>Thursday 10<sup>th</sup></b>	Music & Movement (Agnes House) at 11:15 am to 12:15 pm
<b>Friday 11<sup>th</sup></b>	<b>Prevention of Falls Exercises 11:30 am Lounge - Agnes House</b> Games (Agnes House) 2:00 pm
<b>Monday 14<sup>th</sup></b>	DIY Pilates (Mtg Rm) at 10:00 am Bingo (Agnes House) 2:00 pm to 4:00 pm
<b>Tuesday 15<sup>th</sup></b>	Do It Yourself Chair Exercises (BdRm) at 2:30 pm
<b>Wednesday 16<sup>th</sup></b>	Art Group (BdRm) at 10:15 am Story Telling (Agnes House) 11:00 am to 12:00 noon <b>Afternoon of Singing, Music &amp; Poetry (BdRm) 2:30 pm</b>
<b>Thursday 17<sup>th</sup></b>	Music & Movement (Agnes House) at 11:15 am to 12:15 pm Table Tennis (BdRm) 2:30 pm
<b>Friday 18<sup>th</sup></b>	<b>Prevention of Falls Exercises 11:30 am Lounge - Agnes House</b> Games (Agnes House) 2:00 pm Quiz (BdRm) 2:30 pm



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DATE	ACTIVITY
<b>Monday 21<sup>st</sup></b>	DIY Pilates (Mtg Rm) at 10:00 am Bingo (Agnes House) 2:00 pm to 4:00 pm
<b>Tuesday 22<sup>nd</sup></b>	Homegroup (Mtg Rm) at 10:30 am Do It Yourself Chair Exercises (BdRm) at 2:30 pm
<b>Wednesday 23<sup>rd</sup></b>	Art Group (BdRm) at 10:15 am Story Telling (Agnes House) 11:00 am to 12:00 noon Bingo (BdRm) at 2:30 pm
<b>Thursday 24<sup>th</sup></b>	Music & Movement (Agnes House) at 11:15 am to 12:15 pm Beetle Drive (BdRm) 2:30 pm Card Night (BdRm) 7:00 pm
<b>Friday 25<sup>th</sup></b>	<b>Prevention of Falls Exercises 11:30 am Lounge - Agnes House</b> Games (Agnes House) 2:00 pm
<b>Monday 28<sup>th</sup></b>	DIY Pilates (Mtg Rm) at 10:00 am Bingo (Agnes House) 2:00 pm to 4:00 pm
<b>Tuesday 29<sup>th</sup></b>	Do It Yourself Chair Exercises (BdRm) at 2:30 pm
<b>Wednesday 30<sup>th</sup></b>	Art Group (BdRm) at 10:15 am Story Telling (Agnes House) 11:00 am to 12:00 noon Tea & Chat with the Wardens (BdRm) at 2:30 pm
<b>Thursday 31<sup>st</sup></b>	Music & Movement (Agnes House) at 11:15 am to 12:15 pm Uno Card Game (BdRm) 2:30 pm

**Activities are open to all residents**

**Please note that dates in October may change,  
keep an eye on the Noticeboard**