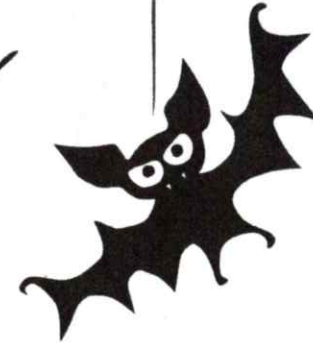
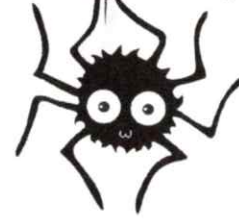


'One - ones' = manicure, hand massage, face packs, music, reading, ipad time, talking or small local outings in wheelchairs or with assistance

'Funny bone' = balloons & fly-swats, parachute & balls, chair dancing, skittles, general fun and games to get us moving



OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1 Word search And Puzzles
2	11 am Tanya G. fitness 3	11am Funnybone 4 2pm Bingo.	9.30 Garden club 5 12.30 Westonbirt	am one - ones 6 2pm mindsong	am one - ones 7 2pm Pub, craft or café	Games And Walks 8
9	11 am Tanya G. fitness 10	am one - ones 11 2pm Travel Vlog and postcards	9.30 Garden club 12 12:30pm leave for Boat trip	am one - ones 13 2 pm Theresa and chair yoga	am Funnybone 14 2pm Quiz	15 jigsaw Puzzle
16	11 am Tanya G. fitness 17	11am funnybone 18 2 pm Mark and Karen sing along	9.30 Garden club 19 12.30 Westonbirt	am one - ones 20 2pm mind song	am one - ones 21 2pm Pub, craft or café	22 Word search And Puzzles
23	11 am Tanya G. fitness 24	am one - ones 25 2pm pumpkin carving	am Funnybone 26 12.30 leave for boat trip	am one - ones 27 2 pm Theresa and chair yoga	am Funnybone 28 2pm Quiz	Games And Walks 29
30	11 am Tanya G. fitness 31	1	2	3	4	5

Holidays and Observances: 10: Columbus Day, 31: Halloween

Enjoy!

M