

October 2023

Lounge, Garden Room, Dining Room



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1
10:00am: Exercises
11:30am: Rummage
Box
1:00pm: Lunch
2:30pm: Film Club
5:00pm: Supper

2
10:00am: Exercises with
Matt
10:30am: Coffee And
Conversation
10:45am: Finger
Painting With Lauren
11:00am: News Of The
Week With Matt
11:30am: Morning
Worship With Deb
1:00pm: Lunch
2:15pm: Reminiscence
With Lauren
2:30pm: Knit And Natter
with volunteers Caroline
and Julie
2:30pm: Short Stories -
Greek Myths - Matt
3:00pm: Afternoon Tea
5:00pm: Supper

3
10:00am: Exercises with
Deb
10:30am: Coffee And
Conversation
10:30am: Mindfulness
And Music- Deb
11:00am: Tuneful
Tuesday with Matt
1:00pm: Lunch
2:30pm: General
Knowledge Quiz with
Matt
2:30pm: Table Games
With Deb
3:00pm: Afternoon Tea
5:00pm: Supper

4
10:00am: Exercises with
Deb
10:30am: Coffee And
Conversation
10:30am: Parachute
Games with Deb
11:00am: Armchair
Travel - Iceland with
Matt
1:00pm: Lunch
2:30pm: Book Club with
volunteer Richard
2:30pm: Nature
Program with Matt
3:00pm: Afternoon Tea
5:00pm: Supper

5
10:00am: Exercises with
Lauren
10:30am: Coffee And
Conversation
11:00am: It Happened
In October With Matt
11:00am: Sensory With
Lauren
1:00pm: Lunch
2:30pm: Name The
Nursery Rhyme with
Matt
2:30pm: The Journeys
Of Apollo - World Space
Week
3:00pm: Afternoon Tea
5:00pm: Supper

6
10:00am: Exercises -
Matt
10:30am: Coffee And
Conversation
11:00am: Arts & Crafts
11:00am: Quirkle - Matt
1:00pm: Lunch
2:30pm: History Of
Prime Ministers - Pt.2
2:30pm: Knit And Natter
with volunteers Caroline
and Julie
3:00pm: Afternoon Tea
5:00pm: Supper

7
10:00am: Exercises
10:45am: Coffee And
Conversation
1:00pm: Lunch
2:30pm: Bingo - Deb
5:00pm: Supper

8
10:00am: Exercises
11:30am: Rummage
Box
1:00pm: Lunch
2:30pm: Film Club
5:00pm: Supper

9

9:00am: Hairdresser

10:00am: Exercises with Lauren

10:30am: Coffee And Conversation

10:30am: Sensory - Lauren

11:30am: Morning Worship With Rev Jane

1:00pm: Lunch

2:30pm: Arts And Crafts - Colourful Class

2:30pm: Knit And Natter with volunteers Caroline and Julie

3:00pm: Afternoon Tea

5:00pm: Supper

10

9:00am: Hairdresser

9:00am: Mindfulness And Relaxation- Gentle Classical With Sarah

10:00am: Exercises with Sarah

10:30am: Coffee And Conversation

10:45am: Scrabble With Deb

11:00am: Tuneful Tuesday with Matt

1:00pm: Lunch

2:30pm: General Knowledge Quiz with Matt

2:30pm: Reminiscence With Sarah

2:30pm: Whist With Deb

3:00pm: Afternoon Tea

5:00pm: Supper

11

9:15am: Nail Bar With Lauren In The Beauty Room

10:00am: Exercises with Sarah

10:30am: Coffee And Conversation

11:00am: Armchair Travel - Fiji with Matt

11:00am: Reminiscing about holidays with Sarah

1:00pm: Lunch

2:30pm: Arts And Crafts - Making Guy! With Lauren

2:30pm: Book Club with volunteer Richard

2:30pm: Skittles with Matt

3:00pm: Afternoon Tea

5:00pm: Supper

12

10:00am: Exercises with Deb

10:30am: Coffee And Conversation

11:00am: Arts And Crafts- Finger Painting With Lauren

11:00am: Darts with Sarah

11:15am: Card Game - Black Or Red With Deb

1:00pm: Lunch

2:30pm: Beanbag Toss With Lauren

2:30pm: Elvis

2:30pm: Presentation by resident Jerry

2:30pm: Whiteboard Games- Anagrams with Sarah

3:00pm: Afternoon Tea

5:00pm: Supper

13

10:00am: Exercises with Matt

10:30am: Coffee And Conversation

11:00am: Pet Therapy - Lauren

11:00am: Story Of England -English Heritage With Matt

11:00am: Superstitions And Where They Came From With Lou In The Lounge

1:00pm: Lunch

1:00pm: Lunch

2:30pm: Knit And Natter with volunteers Caroline and Julie

3:00pm: Afternoon Tea

5:00pm: Supper

14

10:00am: Exercises

10:45am: Coffee And Conversation

1:00pm: Lunch

2:30pm: Brain Training - Matt

5:00pm: Supper

15

10:00am: Exercises

11:30am: Rummage Box

1:00pm: Lunch

2:30pm: Film Club

5:00pm: Supper

16

10:00am: Exercises with Lauren

10:30am: Coffee And Conversation

11:00am: Finger painting with Lauren

11:00am: Opera-Pavarotti! With Matt

11:30am: Morning Worship With Deb

1:00pm: Lunch

2:30pm: Getting to know you with Matt

2:30pm: Knit And Natter with volunteers Caroline and Julie

2:30pm: Short Stories with Lauren

3:00pm: Afternoon Tea

5:00pm: Supper

17

10:00am: Exercises with Deb

10:30am: Coffee And Conversation

10:30am: Scrabble With Matt

11:00am: Name That Tune With Deb

11:00am: Tuneful Tuesday with Sarah

1:00pm: Lunch

2:30pm: General Knowledge Quiz with Sarah

2:30pm: Table Games With Deb

3:00pm: Afternoon Tea

3:00pm: Sensory With Matt

5:00pm: Supper

18

10:00am: Exercises with Sarah

10:30am: Coffee And Conversation

10:45am: Beanbags, Balls & Balloons With Sarah

11:00am: Armchair Travel - Scotland with Matt

11:15am: Sensory With Deb

1:00pm: Lunch

2:30pm: Arts And Crafts - Making Guy! With Deb

2:30pm: Book Club with volunteer Richard

2:30pm: Guess How Old They Are Now with Matt

3:00pm: Afternoon Tea

5:00pm: Supper

19

10:00am: Exercises with Sarah

10:30am: Coffee And Conversation

11:00am: 21 Questions-Famous People with Matt

11:00am: Dominoes With Sarah

1:00pm: Lunch

2:30pm: Elvis Presentation by resident Jerry

3:00pm: Afternoon Tea

5:00pm: Supper

20

10:00am: Exercises with Sarah

10:30am: Coffee And Conversation

11:00am: Never Have I Ever With Sarah

11:00am: Word Games With Matt

1:00pm: Lunch

2:30pm: Knit And Natter with volunteers Caroline and Julie

3:00pm: Afternoon Tea

5:00pm: Supper

21

10:00am: Exercises

10:45am: Coffee And Conversation

1:00pm: Lunch

2:30pm: Bingo - Deb

5:00pm: Supper

22

10:00am: Exercises

11:30am: Rummage Box

1:00pm: Lunch

2:30pm: Film Club

5:00pm: Supper

23

9:00am: Hairdresser

10:00am: Exercises with Lauren

10:30am: Coffee And Conversation

11:30am: Morning Worship With Rev Jane

1:00pm: Lunch

2:30pm: Knit And Natter with volunteers Caroline and Julie

2:45pm: Arts And Crafts - Making Guy! With Lou

3:00pm: Afternoon Tea

5:00pm: Supper

24

9:00am: Hairdresser

10:00am: Exercises with Deb

10:30am: Coffee And Conversation

11:00am: History of Halloween With Matt

11:00am: Tuneful Tuesday with Sarah

11:30am: Poetry With Volunteer Kate

1:00pm: Lunch

2:30pm: General Knowledge Quiz with Sarah

2:30pm: Sensory with Matt

2:30pm: Table Games With Deb

3:00pm: Afternoon Tea

5:00pm: Supper

25

9:15am: Nail Bar With Lauren In The Beauty Room

10:00am: Exercises with Sarah

10:30am: Coffee And Conversation

11:00am: Armchair Travel - Madagascar with Matt

11:00am: Higher Or Lower With Sarah

1:00pm: Lunch

2:30pm: Arts And Crafts- Halloween Colouring With Lauren

2:30pm: Book Club with volunteer Richard

2:30pm: Finish The Proverbs with Matt

3:00pm: Afternoon Tea

5:00pm: Supper

26

10:00am: Exercises with Deb

10:30am: Coffee And Conversation

11:00am: Residents Meeting chaired by Matt

1:00pm: Lunch

2:30pm: Autumn Sensory Afternoon With Deb

2:30pm: Presentation by resident Jerry

2:30pm: Whiteboard Games with Sarah

3:00pm: Afternoon Tea

5:00pm: Supper

27

10:00am: Exercises with Matt

10:30am: Coffee And Conversation

11:00am: Dear Agony Aunt With Lou In The Lounge

11:00am: Pet Therapy - Lauren

11:00am: Story Of England -English Heritage With Matt

1:00pm: Lunch

2:30pm: Knit And Natter with volunteers Caroline and Julie

3:00pm: Afternoon Tea

5:00pm: Supper

28

10:00am: Exercises

10:45am: Coffee And Conversation

1:00pm: Lunch

2:30pm: Brain Training - Matt

5:00pm: Supper

29

10:00am: Exercises

11:30am: Rummage Box

1:00pm: Lunch

2:30pm: Film Club

5:00pm: Supper

30

10:00am: Exercises with Matt

10:30am: Coffee And Conversation

10:45am: Finger Painting With Lauren

11:00am: Sensory With Matt

11:30am: Morning Worship With Deb

1:00pm: Lunch

2:15pm: Reminiscence With Lauren

2:30pm: Knit And Natter with volunteers Caroline and Julie

3:00pm: Afternoon Tea

3:30pm: Ghost Stories By Candlelight - Matt

5:00pm: Supper

31

10:00am: Exercises with Deb

10:30am: Coffee And Conversation

11:00am: Music Of The 1940s With Deb

11:00am: Reminiscence About Jobs With Sarah

11:00am: Tuneful Tuesday with Matt

1:00pm: Lunch

2:15pm: Name The Animal With Sarah

2:30pm: General Knowledge Quiz with Matt

2:30pm: Table Games With Deb

3:00pm: Afternoon Tea

5:00pm: Supper

