

# OCTOBER 2023

AM Activities begin at 11.15, PM Activities begin at 3.30, 1.1's and room visits from 10am and 2pm. 6.30pm Night owls



SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4 <b>World Animal Day</b>	5	6
	Room visits <b>AM</b> Exercise & Sparkle 1.1's <b>PM</b> Silver Sunday	1.1's <b>AM</b> Exercise & Sparkle Room visits <b>PM</b> Sparkle Magazine <b>Night owls</b>	Room visits <b>AM</b> 1.1's, <b>PM</b> Hymns & Prayers Quiz	1.1's, <b>Hairdresser</b> <b>Outing -</b> <b>AM</b> Exercise & Sparkle Room visits <b>PM</b> World Animal Day	Room Visits, <b>Hair, Nail</b> 9.30am 1-1 Exercises, <b>AM</b> <b>Coffee morning</b> 1.1's <b>PM</b> Interactive Games <b>Movie Night</b>	1.1's <b>AM</b> <b>Sherry morning</b> Room visits 2PM Scrabble <b>3PM</b> Hymns & Prayers Quiz
7	8	9	10	11 <b>Scottish Day</b>	12	13
Room visits <b>AM</b> Exercise & Sparkle 1.1's <b>PM</b> Quiz	1.1's <b>AM</b> Exercise & Sparkle Room visits <b>PM</b> Migratory Bird Month	9.30am 1-1 Exercises, <b>AM</b> Exercise & Sparkle Room Visits <b>PM</b> Higher or Lower <b>Night owls</b>	1.1's, <b>11am Relatives</b> <b>and Residents</b> <b>Meeting, AM</b> Exercise & Sparkle, Room visits <b>PM</b> Hymns & Prayers Quiz	Rm visits, <b>Hairdresser</b> <b>AM</b> Exercise & Sparkle 1.1's, <b>3PM</b> Mark Bissett - <b>Bagpipes</b>	1-1's, <b>Hair, Nails</b> 9.30am 1-1 Exercises <b>AM</b> <b>Coffee morning</b> Rm visits <b>PM</b> <b>Singing Group</b> <b>Movie Night</b>	Rm visits <b>AM</b> <b>Sherry morning</b> 1.1's, 2PM Scrabble <b>PM</b> Giant Crossword
14	15	16	17	18	19	20 <b>Wear it Pink Day</b>
1.1's <b>AM</b> Exercise & Sparkle Room visits <b>PM</b> All about Italy	Room visits <b>AM</b> Exercise & Sparkle 1.1's <b>PM</b>	9.30am 1-1 Exercises, <b>AM</b> Exercise & Sparkle Room visits <b>PM</b> 20 Questions <b>Night owls</b>	Room visits <b>AM</b> <b>Yoga</b> 1.1's, <b>PM</b> Hymns & Prayers Quiz	1.1's, <b>Hairdresser</b> <b>Foot Health Practitioner</b> <b>AM</b> Exercise & Sparkle Room visits <b>PM</b> Film	Rm visits, <b>Hair, Nails</b> 9.30am 1-1 Exercises <b>AM</b> <b>Coffee morning</b> 1.1's, <b>PM</b> Music Quiz <b>Movie Night</b>	1.1's <b>AM</b> <b>Sherry morning</b> Room visits 2PM Scrabble <b>PM</b> Bingo
21 <b>National Apple Day</b>	22	23	24	25	26	27
Room visits <b>AM</b> Exercise & Sparkle 1.1's <b>PM</b> Carpet Bowls	1.1's <b>AM</b> Exercise & Sparkle Room visits <b>PM</b> Derby Day	Room visits <b>AM</b> Exercise & Sparkle 1.1's <b>PM</b> Who Wants to be a Millionaire? <b>Night owls</b>	1.1's <b>AM</b> Exercise & Sparkle Room visits <b>PM</b> Hymns & Prayers Quiz	Rm visits, <b>Hairdresser</b> <b>Foot Health Practitioner</b> <b>AM</b> Exercise & Sparkle 1.1's <b>PM</b> Knatter and Knit	1.1's, <b>Hair, Nails</b> <b>AM</b> <b>Coffee morning</b> Rm visits <b>PM</b> <b>Singing Group</b> <b>Movie Night</b>	Room visits <b>Outing -</b> <b>AM</b> <b>Sherry morning</b> 1.1's, 2PM Scrabble <b>PM</b> Karaoke
28	29	30	31 <b>Halloween</b>			
1.1's <b>AM</b> Exercise & Sparkle Room visits <b>PM</b> <b>Clocks go back</b> <b>tonight!</b>	Room visits <b>AM</b> Exercise & Sparkle 1.1's <b>PM</b> <b>Clocks go back</b>	1.1's <b>AM</b> Exercise & Sparkle Room visits <b>PM</b> Bean Bags <b>Night owls</b>	Room visits <b>AM</b> Exercise & Sparkle 1.1's, <b>PM</b> Hymns & Prayers Quiz			