

# WHAT'S ON OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <b>Trickett House:</b> Wifi IT Café <i>1:30pm</i>  <b>Thomas House:</b> Chair based exercises <i>1.30pm-2.15pm</i>	3 <b>Trickett House:</b> Chair based exercises <i>2.45pm-3.30pm</i>	4 <b>Norman House:</b> Chair based exercises <i>1.45pm-2.30pm</i>  <u><b>Trickett and Cloverdale:</b></u> Skype quiz <i>3pm</i>	5 <u><b>Cloverdale:</b></u> Art session <i>10am</i>	6

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7	8	9 <u>Dorothy Pettingell:</u> Wifi IT Cafe <i>11:30am</i>  <u>Thomas House:</u> Chair based exercises <i>1.30pm-2.15pm</i>	10 <u>Trickett House:</u> Chair based exercises <i>2.45pm-3.30pm</i>	11 <u>Norman House:</u> Chair based exercises <i>1.45pm-2.30pm</i>	12 <u>Trickett:</u> Tai Chi <i>10am</i>  <u>Old Brewery House:</u> Get online week digital session <i>3:30pm</i>	13
14	15 <u>Cloverdale:</u> Digital Games Afternoon <i>3:30pm</i>	16 <u>Thomas House:</u> Chair based exercises <i>1.30pm-2.15pm</i>	17 <u>Griffiths Close:</u> Bingo <i>1:30pm</i> <u>Trickett House:</u> Chair based exercises <i>2.45pm</i>	18 <u>Norman House:</u> Chair based exercises <i>1.45pm-2.30pm</i>	19 <u>Trickett House:</u> Afternoon Tea <i>3:30pm</i>	20

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21	<b>22</b> <u>Cloverdale:</u> Art session 10am	<b>23</b> <u>Peppermint</u> <u>Court:</u> Digital Wifi Café 10am  <u>Thomas House:</u> Chair based exercises 1.30pm-2.15pm	<b>24</b> <u>Griffiths</u> <u>Close:</u> Bingo 1:30pm  <u>Trickett</u> <u>House:</u> Chair based exercises 2.45pm- 3.30pm	<b>25</b> <u>Norman</u> <u>House:</u> Chair based exercises 1.45pm-2.30pm	<b>26</b> <u>Margaret</u> <u>House:</u> Drop in Session 4pm	27

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28	29 <u>Peppermint Court:</u> Drop in session 3:30pm	30 <u>Dorothy Pettingell House:</u> Tai Chi 10am  <u>Thomas House:</u> Chair based exercises 1.30pm-2.15pm	31 <u>Cloverdale:</u> Halloween session 10:00am  <u>Trickett House:</u> Chair based exercises 2.45pm-3.30pm  <u>Thomas House:</u> Halloween Darts and Drinks 2:30pm			