








October 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 AM - Chair Yoga PM - Sensory Afternoon	3 Residents Meeting 	4 AM - 1.1's PM - World Space Week Discussion	5 National Poetry Day	6	7 AM - Exercises PM - Autumnal Arts and Crafts	8 AM - Manicures PM - Tea Party
9	10 SPA DAY 	11 AM - Meditation PM - Quiz	12 AM - 1:1's  PM - Games	13 AM - Meditation PM - Bingo	14	15
16 Armchair travel to Mexico	17 	18 AM - Manicures PM - Colouring	19 AM- PM - Flower Arranging	20	21 AM - Reptile Day Talk PM - Reminisce Afternoon	22 AM - 1.1's PM - Music Bingo
23	24  AM 1.1's PM - Gonk Making	25 AM - Let's talk: Rugby PM - Music	26 Halloween Baking	27 AM- Exercises PM - Quiz	28	29
30 AM - Halloween History PM - Pumpkin Carving	31 