

# Activities at Alban Manor

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>1 National Coffee Day</b> Coffee & Cake Morning:   2.00pm AM Family Meeting	<b>2</b> 10am Time with Roxy  One2One  2.00pm Gentle Exercise	<b>3</b> 10am Music Morning  Music Therapy  2.00pm Board Games	<b>4 Grandparents Day UK</b> 10.00am Malcolm's Dynamic Dominoes   2.00pm Let's go to the movies in the film house!
<b>5 World Smile Day</b> 10.00am Chair Foot Cycle/ Poetry Morning   2.00pm Gentle Exercise	<b>6</b> 10.00am Brain Games :One2One   2.30pm -Roxy training	<b>7 National Poetry Day</b> 10.00am Chair Foot Cycle/ Pamper Morning   2.00pm Craftnoon	<b>8</b> 10.00am Cookery Club  One2One  2.00pm Yoga	<b>9</b> 10.00am Chair Foot Cycle/Quiz   2.00pm Brain Games	<b>10</b> 10.00am One2One   2.00pm Craftnoon	<b>11</b> 10.00am Malcolm's Dynamic Dominoes Religious Observance   2.00pm Let's go to the movies in the film house!
<b>12</b> 10.00am Chair Foot Cycle/   2.00pm Parachute Therapy	<b>13</b> 10.00am Let's Paint   One2One  2.00pm Bingo	<b>14</b> 10.00am Chair Foot Cycle Pamper Morning   2.00pm Singer from Chris Saunders	<b>15</b> 10.00am Brain Games One2One  2.00pm Sing-a-long with Rose 	<b>16</b> 10.00am Chair Foot Cycle/ Guessing Game   2.00pm Sing-a-long with Rose	<b>17</b> 10.00am One2One   Word Games 	<b>18</b> 10.00am Malcolm's Dynamic Dominoes   2.00pm Let's go to the movies in the film house!
<b>19</b> 10.00am Chair Foot Cycle/ Crossword & Puzzles   2.30pm Target Practice	<b>20</b> 10.00am Garden Club   One2One 2.30pm Art Club	<b>21 Apple Day/Trafalgar Day</b> 10.00am Chair Foot Cycle/ Pamper Morning   2.00pm Lets do a Quiz	<b>22</b> 10.00am Poetry Morning  One2One  2.00pm Parachute Therapy 	<b>23 Breast Cancer Awareness Day</b> 10.00am Chair Foot Cycle/ Cornovirus Update   2.00pm PINK DAY	<b>24</b> 10.00am Music Therapy  One2One  2.00pm Gentle Exercise	<b>25 BST Ends/Clocks Change</b> 10.00am Malcolm's Dynamic Dominoes   2.00pm Let's go to the movies in the film house!
<b>26</b> 10.00am Chair Foot Cycle/ One2One   2.00pm Gentle Exercise	<b>27</b> 10.00am Music & Movement   2.00pm Lets Paint	<b>28</b> 10.00am Pet Therapy   One2One  2.00pm Craftnoon	<b>29 National Cat Day</b> 10.00am Crossword & Puzzles   2.00pm Yoga	<b>30</b> 10.00am One2One   1.30pm MacMillan coffee afternoon	<b>31 Halloween</b> 10.00am Chair Foot Cycle/Quiz    2.00pm Halloween Games	