

Activities at Alban Manor

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 World Coffee Day 10am:One2One  CoffeeChat  2pm Outing: Shopping	2 10am: One2One   2pm You Choose	3 Grandparents Day 10.00am Malcolm's Dynamic Dominoes  SUNDAY CINEMA 2.00pm MovieTime-You Choose
4 10.00am Coffee & Chat  CoffeeChat  One2One 2.00pm "Choose&Move"	5 World Smile Day 11am Zoom Exercise HCPA One2One   2.00pm Afternoon Matinee	6 10.00am Chair Foot Cycle/ "pampering"   2.00pm Bingo	7 National Poetry Day 10.00am One2One   2.00pm Let's Draw	8 10am Bookclub   2.00pm Outing:Site Seeing	9 10.00am One2One:Quiz  CoffeeChat  2.00pm Reminiscing	10 10.00am Malcolm's Dynamic Dominoes  NEWS UPDATE  2.00pm Sunday Papers
11 Int'l Day of Girl Child 10am Chair Foot Cycle  2.00pm Allotment Afternoon	12 World Arthritis Day 11am Zoom Exercise HCPA  2.00pm Let's Paint	13 Stop Bullying Day 10.00am One2One  CoffeeChat  2.00pm Yoga	14 World Standard Day 10.00am Cookery Club   2.00pm Sing-a-long with Rose	15 White Cane Safety Day 10.00am Chair Foot Cycle/   2.00pm Outing : Garden Centre	16 World Food Day 10.00am One2One   2pm You Choose	17 10.00am Malcolm's Dynamic Dominoes   2.00pm Religious Observance
18 10.00am Coffee&Chat/ Crossword & Puzzles   CoffeeChat  2.30pm Balloon Games	19 National New Friends Day 11am Zoom Exercise HCPA   2pm Afternoon Matinee	20 Int'l Sloth Day 10.00am Chair Foot Cycle/ Pamper Morning   2.00pm Lets Play "Oomph"	21 National Apple Day 10.00am Play with Roxy One2One    2.00pm Flower Arranging	22 10.00am Allotment Club  2.00pm Outing: Pub	23 Make A Difference Day 10.00am One2One   2.00pm Quizzes/Puzzles	24 10.00am Malcolm's Dynamic Dominoes  NEWS UPDATE  2.00pm Sunday Papers
25 World Opera Day One2One: Walk in the Garden  2.00pm Gentle Exercises	26 National Pumpkin Day 11am Zoom Exercise HCPA  2.00pm Arts&Crafts	27 10.00am Chair Foot Cycle   2.00pm Lets Play "Word Games"	28 National Chocolate Day 10am: One2One Play with Roxy    2pm: Bingo	29 National Cat Day One2One    2pm Sing-a-long-with Rose	30 One2One   2pm You Choose	31 Halloween 10am Malcolm's Dynamic Dominoes  SUNDAY CINEMA 2pm Movie Time : You Choose