

# OCTOBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**6**  
9:30 Exercises to the Music

**7**  
10:00 Coffee Club  
11:00 Physio Exercises  
2:30 Bingo

**8**  
10:30 Gardening  
10:30 Bus Trip  
1:15 Physio Exercises  
2:00 Cinema

**9**  
10:30 Men's Shed  
10:30 Macedonian Orth. Mass  
11:00 Physio Exercises  
2:30 Bingo

**10**  
10:30 Bus Trip  
2:30 Craft

**11**  
10:00 Shop N Go  
1:15 Physio Exercises  
2:00 Happy Hour/Bingo

**12**  
9:30 Table Games

**13**  
9:30 Exercises to the Music

**14**  
10:00 Coffee Club  
11:00 Physio Exercises  
2:30 Bingo

**15**  
10:30 Gardening  
10:30 Bus Trip  
1:15 Physio Exercises  
2:00 Cinema

**16**  
10:30 Quiz Games  
11:00 Physio Exercises  
2:30 Bingo

**17**  
10:30 Ukrainian Cath. Mass  
10:30 Bus Trip  
2:30 Craft

**18**  
10:00 Shop N Go  
1:15 Physio Exercises  
2:00 Happy Hour/Bingo

**19**  
9:30 Table Games

**20**  
9:30 Exercises to the Music

**21**  
10:00 Coffee Club  
10:30 Cath. Mass (English)  
11:00 Physio Exercises  
2:30 Bingo

**22**  
10:30 Gardening  
10:30 Bus Trip  
1:15 Physio Exercises  
2:00 Cinema

**23**  
10:30 Men's Shed  
10:30 Macedonian Orth. Mass  
11:00 Physio Exercises  
2:30 Bingo

**24**  
10:30 Bus Trip  
2:30 Craft

**25**  
10:00 Shop N Go  
1:15 Physio Exercises  
2:00 Happy Hour/Bingo

**26**  
9:30 Table Games

**27**  
  
HAPPY GRANDPARENTS DAY

**28**  
10:00 Coffee Club  
11:00 Physio Exercises  
2:30 Bingo

**29**  
10:30 Gardening  
10:30 Bus Trip  
1:15 Physio Exercises  
2:00 Cinema

**30**  
10:30 Cooking with Kerry  
11:00 Physio Exercises  
2:30 Bingo

**31**  
10:30 Ukrainian Orth. Mass  
10:30 Bus Trip  
2:30 Craft

2024

# SOSNA