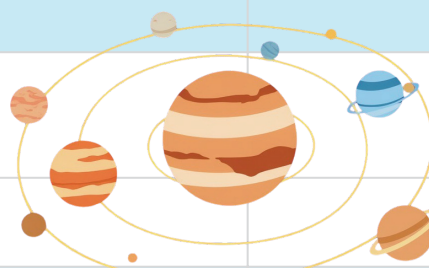


Day Centre Activities - October 2026

WK 1					THURSDAY 1	FRIDAY 2
AM					Harvest arts and crafts Baking session Coffee cupcakes	Harvest Festival
PM					Coffee facts and quiz	Harvest arts and crafts How many words
WK 2	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	
AM	Space arts and crafts Golf day Apple crumbles	Jenny reflexology Kathy art session Mad Hatter arts crossword	Space/hero day arts & crafts Poetry day Solar wordsearch	Tony Ukulele band	Space arts and crafts Scrabble Shopping game Jigsaws	
PM	Bingo	Table games quiz	Jess exercise class	James fitness	 Quiz: Solar System Reminiscence	
WK 3	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	
AM	Solar arts and crafts Autumn word jumble Knitting club	Solar arts and crafts Dominoes Banagrams game	 Mushroom and fungi arts and crafts Wordsearch and quiz	Autumn arts and crafts trees Jenga Singers and songs quiz	Cooking session pasties and bread Scrabble	
PM	Robin Jazz on piano	Martha exercises	Alan on guitar	Singalong musical & popcorn	Food day Food quiz	
WK 4	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23	
AM	Autumn wreaths Crossword Target games	Jenny reflexology Autumn arts and crafts scattorgories	Autumn arts and crafts Odd one out game Scabble	Autumn arts and crafts Dominoes Indoor golf	 Wear It Pink Day Arts and crafts Jigsaws /Scrabble	
PM	Quiz: What type of animal?	Chris on violin	Singalong with instruments	James fitness	Lisa yoga	
WK 5	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	
AM	 Jenny reflexology Jar arts and crafts Halloween beetle drive	Jar arts and crafts Halloween wordsearches Halloween arts and crafts	Halloween arts and crafts Pumpkin carving	 Halloween arts and crafts Halloween wordsearch Crossword	Halloween arts and crafts Scrabble Halloween poems	
PM	Singalong musical & popcorn	Martha exercises	Witches game Mike squeezebox	Bingo	Halloween movie	