



Swardeston Day Centre

Tel: 01508 578826

Transport: Liz Brown

Tel: 01508 570660

Mobile: 07823 331562

OCTOBER PROGRAMME 2021

This month we are thankful for Harvest, and after the services there will be a collection for the work of Tearfund in Burkina Faso if you would like to help with a small donation.

- MONDAY**
4th October
10.00 am – Hand and nail care with Gill.
10.30 am – Jigsaws and cards
1.30 pm – Floor Dominoes with scoring!
- WEDNESDAY**
6th October
10.30 am – Mobile hearing support bus may visit to clean or mend hearing aids (tbc).
11.00 am – Seated Exercises
1.30 pm - Scattergories
- MONDAY**
11th October
10.30 am – Harvest Festival led by Diana Timms
1.30 pm – Wesley, the Pat dog, comes with Jan.
Plus Brenda’s Quiz
- WEDNESDAY**
13th October
10.30 am – Hands and nails – get a manicure with Gill. Wordsearches, crosswords and cards
1.30 pm – Johnny Flinton is back for Linda’s birthday celebration
- MONDAY**
18th October
Michael is 90 today!
10.00 am – Graham for your feet needs!
10.30 am – Newspapers, chat and “Literacy” table quiz
1.15 pm – River 100 Folk Band to entertain
- NEW***

WEDNESDAY
20th October

10.30 am – Harvest Service led by Rev. Shirley Wood

1.30 pm – Musical Afternoon with Margaret and Audrey

MONDAY
25th October

10.30 am – Handcare available with Gill

11.00 am – Hoopla and Human Target Games

1.30 pm – TV Themes Quiz followed by Pub songs Sing-along

WEDNESDAY
27th October

11.00 am – “Wobble” seated exercises with Pearl

1.30 pm – Bonsai Trees – all you need to know, with Paul

BIRTHDAYS – Happy Birthday to Linda on 14th, Michael on 20th, Congratulations to you both.



Don't forget – we are still taking care of each other. So please wear masks when entering and leaving the club and when travelling with your Day Centre volunteer driver.