

The Evergreens

Monthly Activity Highlights

October 2018

| DATE | | Day | Time | EVENT |
|------|---------|------------------|---------------|--------------------|
| 4th | October | <i>Thursday</i> | <i>2pm</i> | Alive activities |
| 8th | October | <i>Monday</i> | <i>2pm</i> | Move it or lose it |
| 17th | October | <i>Wednesday</i> | <i>2.30pm</i> | Music for Health |
| 18th | October | <i>Thursday</i> | <i>2pm</i> | Tony Letts |
| 19th | October | <i>Friday</i> | <i>2.30pm</i> | Carousel |
| 22nd | October | <i>Monday</i> | <i>2pm</i> | Simon Woodley |
| 23rd | October | <i>Tuesday</i> | <i>3.15pm</i> | Motivation&Co |
| 26th | October | <i>Friday</i> | <i>2pm</i> | Rebecca Osbourne |
| 30th | October | <i>Tuesday</i> | <i>2pm</i> | Geoff Stubbs |