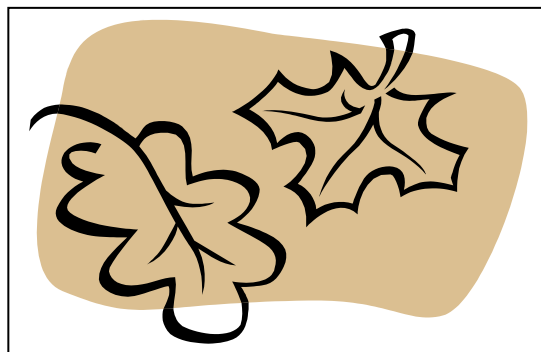




AUTUMN CENTRE ALMANAC NOVEMBER 2018

BIRTHSTONE TOPAZ



AUTUMN CENTRE COUNTS FARM ROAD
NOVEMBER 2018

THUR 1ST	ANN ON KEY BOARD XTRA ENERGY 11AM
FRI 2ND	TAI CHI 9AM PAINTING GROUP 9.30 ARTS & CRAFTS 10 AM
SUN 4TH	CORBY SPIRITUALIST CHURCH 2PM
MON 5TH	CHAIR ZUMBA AND SINGALONGS 11 AM
TUES 6TH	STRANGE BUT TRUE BRAIN TRAINING QUIZ 11
WED 7TH	CHAIR EXERCISE 10.45 AM MUSICAL BINGO
THUR 8TH	ANN ON KEYBOARD XTRA ENERGY 11& HAND MASSAGES & WHIST 12.30
FRI 9TH	TAI CHI PAINTING GROUP AND ARTS & CRAFTS MUSIC WITH MOVEMENT 11 AM
MON 12TH	BULB PLANTING CEREMONY 11 AM
TUES 13TH	CONNECT 4 & PAMPERING 11AM
WED 14TH	CHAIR EXERCISE 10.45 GAMESHOW GAMES 11 CATCHPHRASE 11AM
THUR 15TH	ANN ON KEYBOARDS XTRA ENERGY QUIZ 11 WHIST 12.30
FRI 16TH	CAKE DECORATING 11AM
SUN 18TH	SUNDAY SPRINGFIELDS & BAYTREES TRIP 9.30
MON 19TH	CORBY SPIRITUALIST CHURCH 2PM
TUES 20TH	CHAIR ZUMBA 10.45 & CHRISTMAS BAUBLE CRAFTS 11AM
WEDS 21ST	MEMORY STORIES 11AM MANICURES 11AM
THUR 22ND	CHAIR EXERCISE 10.45 GENTLEMANS & LADIES HEAD TO HEAD FETE GAMES 11AM
FRI 26TH	XTRA ENERGY ANN ON KEYBOARDS 11AM KERPLUNK 11 AM WHIST 12.30
MON 29TH	TAI CHI 9AM PAINTING GROUP 10 AM ARTS & CRAFTS PIZZA MAKING 11AM
TUES 30TH	TAI CHI 9AM CHAIR ZUMBA 10.45 FAMILY FAMILY FORTUNES 11AM CASH BINGO 11 AM

CENTRE NEWS

ON THE 12TH OF NOVEMBER WE ARE HOLDING A BULB PLANTING CEREMONY HERE AT THE AUTUMN CENTRE THE MAYOR WILL BE ATTENDING AND ALL MEMBERS ARE WELCOME TO JOIN IN

**SPRINGFIELDS & BAYTREES TRIP ON THE 18TH OF NOVEMBER
LEAVING PROMPTLY AT 9.30 AM SAXON CROWN
RETURNING 5 PM**

**PLEASE VISIT US ON OUR WEBSITE
WWW.THEAUTUMNCENTRE.CO.UK**

WE WOULD LIKE TO WISH ANY OF ARE MEMBERS WHO ARE CELEBRATING A BIRTHDAY THIS MONTH A VERY HAPPY BIRTHDAY.

IF YOU HAVE CHANGED YOUR EMERGENCY / NEXT OF KIN CONTACT NUMBER WITHIN THE LAST 2 YEARS PLEASE NOTIFY STAFF SO THAT WE CAN UPDATE OUR RECORDS.

**ANYONE WISHING TO USE THE BUS SERVICE CAN CALL ON 01536 264671 THE DAY BEFORE (PREFERABLY MORNING) TO BE PICKED UP.
IF YOU ARE A REGULAR BUS USER AND CANNOT COME IN FOR ANY REASON PLEASE TELEPHONE THE CENTRE AS EARLY AS POSSIBLE TO LET US KNOW SO THAT THE BUS DOESN'T HAVE A WASTED JOURNEY.**

PLEASE TAKE CARE OF YOUR BELONGINGS. THE AUTUMN CENTRE CANNOT BE HELD RESPONSIBLE FOR LOSS, DAMAGE OR THEFT OF PERSONAL ITEMS.