



AUTUMN CENTRE NEWSLETTER MAY 2019

BIRTHSTONE EMERALD

Registered Charity 1110164

AUTUMN CENTRE COUNTS FARM ROAD

MONTHLY ACTIVITIES MAY 2019

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| WED 1ST | STEADY STEPS 10.45 GOLDEN OLDIES CHOIR 11AM |
| THURS 2ND | ANN ON KEYBOARD 10.30 XTRA ENERGY 11AM GIVE US A CLUE |
| FRI 3RD | TAI CHI 9AM PAINTING CLUB 10.30 ARTS & CRAFTS 10.30 FETE GAMES 11AM |
| MON 6TH | CLOSED BANK HOLIDAY |
| TUES 7TH | SEWING SKILLS 10.30 |
| WED 8TH | STEADY STEPS 10.45 GOLDEN OLDIES CHOIR 11AM |
| THUR 9TH | ANN ON KEYBOARD XTRA ENERGY QUIZ 11AM WHIST 12.30 |
| FRI 10TH | TAI CHI 9AM GARDEN GAMES 11AM |
| SAT 11TH | JOHN ENNIS CLAIRVOYANT 1.30 – 3.30 |
| MON 13TH | FOOTHEALTH 9AM TAI CHI 9AM MOVE IT OR LOSE IT 11AM |
| TUES 14TH | SEWING SKILLS 10.30AM CARPET BOWLS 11AM |
| WED 15TH | STEADY STEPS 10.45 GOLDEN OLDIES CHOIR 11AM |
| THUR 16TH | ANN O PRIZE BINGO 11AM XTRA ENERGY 11AM |
| FRI 17TH | GUESS THE BABY 11AM |
| MON 20TH | TAI CHI 9AM MOVE IT OR LOSE IT 11AM FAMILY FORTUNES |
| TUE 21ST | SEWING SKILLS 10AM CARPET BOWLS 11AM |
| WED 22ND | STEADY STEPS 10.45 GOLDEN OLDIES CHOIR 11AM |
| THUR 23RD | POLLING DAY 7AM PRIZE BINGO 11AM |
| FRI 24TH | TAI CHI 9AM PAINTING, ARTS & CRAFTS GUESS WHO 11AM |
| MON 27TH | CLOSED SPRING BANK HOLIDAY |
| TUES 28TH | SEWING SKILLS 10.30AM DEMENTIA LIFE SKILLS 11AM |
| WED 29TH | STEADY STEPS 10.45 GOLDEN OLDIES CHOIR 11AM |
| THUR 30TH | ANN ON KEYBOARD 10.30 XTRA ENERGY 11AM 1-1S WHIST 12.30 |
| FRI 31ST | TAI CHI 9AM FETE GAMES 11AM |

WE ARE HOLDING AN OTAGA STEADY STEPS FALL'S PREVENTION WHICH WILL CHANGE TO A MONDAY FROM JUNE

**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.