



AUTUMN CENTRE NEWSLETTER JUNE 2019

BIRTHSTONE PEARL

Registered Charity 1110164

AUTUMN CENTRE COUNTS FARM ROAD

MONTHLY ACTIVITIES JUNE 2019

MON 3RD	TAI CHI 9AM MEMORY SONG 11AM
TUES 4TH	HEALTHY COOKING ON A BUDGET 10.30 RED CROSS FIRST AID 11AM GROWFEST COMMUNITY PLANTING 6PM
WED 5TH	STEADY STEPS 10.45 CHOIR 11AM
THUR 6TH	D.DAY REMINISANCE ANN ON KEYBOARD XTRA ENERGY QUIZ 11AM WHIST 12.30
FRI 7TH	TAI CHI 9AM PAINTING GROUP ARTS & CRAFTS WALKING NETBALL
SAT 8TH	DOGGY FIRST AID 9AM – 2PM
MON 10TH	FOOTHEALTH 9AM TAI CHI 9AM MOVE IT OR LOSE IT 11AM
TUES 11TH	HEALTHY COOKING ON A BUDGET 10.30 1-1S 11A GROWFEST COMMUNITY PLANTING 6PM
WED 12TH	STEADY STEPS 10.45 GOLDEN OLDIES CHOIR 11AM
THUR 13TH	ANN ON KEYBOARD ALOE VERA BENEFITS 11AM XTRA ENERGY 11AM
FRI 14TH	TARGET BALL 11AM WHIST 12.30
SAT 15TH	TEA WITH SPIRITS 1.30 – 4PM
MON 17TH	TAI CHI 9AM GAME SHOW GAMES 11AM
TUE 18TH	HEALTHY COOKING ON A BUDGET 10.30 CARPET BOWLS 11AM GROWFEST COMMUNITY PLANTING 6PM
WED 19TH	STEADY STEPS 10.45 GOLDEN OLDIES CHOIR 11AM
THUR 20TH	ANDANTE SINGER 11AM XTRA ENERGY 11AM WHIST 12.30
FRI 21ST	TAI CHI 9AM PAINTING, ARTS & CRAFTS GUESS THE BABY 11AM
MON 24TH	TAI CHI 9AM MUSICAL BINGO 11AM
TUES 25TH	DEMENTIA LIFE SKILLS 11AM GROWFEST COMMUNITY PLANTING 6PM
WED 26^H	STEADY STEPS 10.45 GOLDEN OLDIES CHOIR 11AM
THUR 27TH	ANN ON KEYBOARD 10.30 XTRA ENERGY 11AM 1-1S WHIST 12.30
FRI 28TH	TAI CHI 9AM PAINTING GROUP ARTS & CRAFTS & FETE GAMES 11AM

**WE HAVE A NEW FOOTHEALTH PRACTITIONER STARTING ON
MONDAY THE 10TH OF 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.**