

## What's happening

Week commencing 16th October, we still have spaces in Thursday activities and Wednesday circle dancing, please see a member of staff for more info and to book your place. If you're not sure which session to join, please ask about our taster sessions to help you decide.

Our lunch club is on Wednesdays, this is a new session for couples (carer and PWD), come along and bring your lunch to enjoy, we will provide refreshments and activities for you to take part in, no need to book just come along.

Events listed below are get togethers with refreshments provided – unless otherwise indicated. If you already attend we want to see you again and if you want to come for the first time you can be sure of a very warm welcome despite the colder weather outside!

Monday 16th October

10am to noon Snap tin café at Goldthorpe drop in cafe

10am to 1pm Monk Bretton Café – referral only please see a member of staff to book a place

1pm to 2pm Singers with our pianist Lynne

3pm online yoga – please phone for a link to join in

Places at day centre available please see a member of staff

Tuesday 17th October

Places at day centre available please see a member of staff

A support group for carers is taking place between 1pm and 2pm

Wednesday 18th October

**1pm to 3pm New group lunch club for couples (carer and PWD), bring your lunch and enjoy some activities and a chat**

1pm to 3pm Drop in café at our centre on Dean Street

Places at day centre available please see a member of staff

Thursday 19<sup>th</sup> October

Places at day centre available please see a member of staff

A support group for carers is taking place between 1pm and 2pm

Friday 20<sup>th</sup> October

10am to noon Drop in cafe at our centre on Dean Street with tea and toast, Bingo and raffle.

Places at day centre available please see a member of staff

## COMING UP

27<sup>th</sup> October - our Friday drop in is Halloween themed, we definitely encourage fancy dress, there maybe even a few treats or tricks!

## AND FINALLY

Historic birthdays this week are Oscar Wilde and Angela Lansbury.

17<sup>th</sup> October is national pasta day

18<sup>th</sup> October is global dignity day

## Quiz question

How many episodes of the British TV sitcom *Fawlty Towers* were made?

If you would like any more information on any of the above please see a member of staff, email [claire@biads.org.uk](mailto:claire@biads.org.uk) or call 01226 280057