

CARA CARE CENTRE – NOVEMBER ACTIVITIES

Tues 1 <sup>st</sup>	11:00am 11:00am 3:00pm 5:30pm	Quiz Outing to lynx Mass G.F Pottery 3 <sup>rd</sup>	thurs 17 <sup>th</sup>	11:00am 11:00am 3:00pm 5:30pm	Art class 3 <sup>rd</sup> One-ones Bingo. G.F Evening act 3 <sup>rd</sup>
wed 2 <sup>nd</sup>	11:00am 11:00am 3:00pm 5:30pm	Viva life 1 <sup>st</sup> One-one Viva life 1 <sup>st</sup> Rosary. Oratory	fri 18 <sup>th</sup>	11.00am 11.00am 3.00pm 5:30pm	Arts & crafts 3 <sup>rd</sup> One-one Jewellery 3 <sup>rd</sup> Group activity 3 <sup>rd</sup>
thurs 3 <sup>rd</sup>	11:00am 11:00am 3:00pm 5:30pm	Art class 3 <sup>rd</sup> One-one Bingo G.F Group activity	sat 19 <sup>th</sup>	11.00am 3.00pm 5.30pm	Hangman 1 <sup>st</sup> Music afternoon One to ones
fri 4 <sup>th</sup>	11:00am 11:00am 3:00pm 5:30pm	Arts & crafts 3 <sup>rd</sup> One-one Jewellery 3 <sup>rd</sup> Movie club 1 <sup>st</sup>	sun 20 <sup>th</sup>	11.00am 3.00pm 5.30pm	Rosary Sports Sunday Group activity 1 <sup>st</sup>
sat 5 <sup>th</sup>	11.00am 3.00pm 5.30pm	Coffee morning GF Music afternoon One to ones	mon 21 <sup>st</sup>	11:00am 2:00pm 3:00pm	Exercises 1 <sup>st</sup> Outing Sonas 2 <sup>nd</sup> floor
sun 6 <sup>th</sup>	11.00am 3.00pm 5.30pm	Rosary Sports Sunday Group activity	tues 22 <sup>nd</sup>	11:00am 11:00am 3:00pm 5:30pm	Visit from children One-one Mass G.F Pottery 3 <sup>rd</sup>
mon 7 <sup>th</sup>	11:00am 11:00am 2:00pm 3:00pm	Exercises 1 <sup>st</sup> One to one Outing Sonas 2 <sup>nd</sup> floor	wed 23 <sup>rd</sup>	11:00am 11:00am 3:00pm 5:30pm	Viva life 1 <sup>st</sup> One-one Floor activities Rosary. Oratory
tues 8 <sup>th</sup>	11:00am 11:00am 3:00pm 5:30pm	Visit from children One-one Mass G.F Pottery 3 <sup>rd</sup>	thurs 24 <sup>th</sup>	11:00am 11:00am 3:00pm 5:30pm	Art class 3 <sup>rd</sup> One-one Movember tea party Group activity
wed 9 <sup>th</sup>	11:00am 11:00am 3:00pm 5:30pm	Viva life 1 <sup>st</sup> One-one Viva life 1 <sup>st</sup> Rosary. Oratory	fri 25 <sup>th</sup>	11:00am 11:00am 3:00pm 5:30pm	Arts & crafts 3 <sup>rd</sup> One-one Jewellery 3 <sup>rd</sup> One to ones

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thurs 10 <sup>th</sup>	11:00am 11:00am 3:00pm 5:30pm	Art class 3 <sup>rd</sup> One-one Bingo G.F Group activity	sat 26 <sup>th</sup>	11.00am 3.00pm 5.30pm	Group exercises 1 <sup>st</sup> Bingo GF One to ones
fri 11 <sup>th</sup>	11:00am 11:00am 3:00pm 5:30pm	Arts & crafts 3 <sup>rd</sup> One-one Jewellery 3 <sup>rd</sup> Movie club 1 <sup>st</sup>	sun 27 <sup>th</sup>	11.00am 3.00pm 5.30pm	Rosary Sports Sunday Crosswords 1 <sup>st</sup>
sat 12 <sup>th</sup>	11.00am 3.00pm 5.30pm	Ladies club 1 <sup>st</sup> Group exercises 1 <sup>st</sup> One to ones	mon 28 <sup>th</sup>	11:00am 11:00am 2:00pm 3:00pm	Exercises 1 <sup>st</sup> One to one Outing Sonas 2 <sup>nd</sup> floor
sun 13 <sup>th</sup>	11.00am 3.00pm 5.30pm	Rosary Sports Sunday Group activity	tues 29 <sup>th</sup>	11:00am 11:00am 3:00pm 5:30pm	Acting class 1 <sup>st</sup> One-one Mass G.F Pottery 3 <sup>rd</sup>
mon 14 <sup>th</sup>	11:00am 11:00am 2:00pm 3:00pm	Exercises 1 <sup>st</sup> One to one Outing Sonas 2 <sup>nd</sup> floor	wed 30 <sup>th</sup>	11:00am 11:00am 3:00pm 5:30pm	Viva life 1 <sup>st</sup> One-one Viva life 1 <sup>st</sup> Rosary. Oratory
tues 15 <sup>th</sup>	11:00am 11:00am 3:00pm 5:30pm	Acting class One-one Mass G.F Pottery 3 <sup>rd</sup>			
wed 16 <sup>th</sup>	11:00am 11:00am 3:00pm 5:30pm	Viva life 1 <sup>st</sup> One-one Viva life 1 <sup>st</sup> Rosary. Oratory			