



On The Grove Grapevine this October

Hello and welcome to October's newsletter.

September has been a particularly busy month here at The Grove with the kitchen and servery refurbishment project starting to take shape. We are still enjoying home cooked food but also the occasional fish and chips from the takeaway! October will be just as busy getting the house back to normal with some exciting events coming up for us to enjoy.



Help us raise some money for our minibus appeal by supporting our Cake Bake Sale on **Saturday 25 October** from 1.00pm – 3.30pm. Donations of home baked or shop bought cakes appreciated. If you do make a cake, please bring a list of ingredients and allergens with it. Tea and coffee will be available.

Bollywood will be coming to The Grove on **Tuesday 28 October** from 1.30pm – 2.15pm. Bollywood Dancers with Rani will be sharing this unique style of dancing which combines traditional Indian, folk, salsa and belly dancing with contemporary hip hop, jazz and funk. Let's get a groove on, baby!



A spooktacular time at Halloween!

We'll be celebrating all things ghoulish and ghostly on Friday 31 October. Trick or treat anyone?

What's On in October

We have regular activities with Karen and Steve like quizzes, puzzles, bingo, crafts and cake decorating for you to get involved with. Here are the dates where people are coming in to The Grove to provide some mental and physical stimulation:

2 October	7 October	13 October	14 October	15 October
Exercise with Sophie 10.00 – 10.45	Exercise & Motivation with Emma 2.00 – 2.45	Tai Chi with Augustine 2.00 – 2.45	Play Pals Nursery visiting during the day	Church service 10.00 – 10.45
16 October	21 October	27 October	30 October	
Exercise with Sophie 10.00 – 10.45	Exercise & Motivation with Emma 2.00 – 2.45	Tai Chi with Augustine 2.00 – 2.45	Exercise with Sophie 10.00 – 10.45	

Activities we've enjoyed together



We love our regular exercise with NB Entertainment Ltd and reading with the local nursery children is always a joy.





From colouring to crafting, there's always something going on at The Grove!



You're never too old for lego 😊



There's nothing like a spot of reading in a comfy chair, perhaps followed by a little nap ...