

**SYCAMORE COURT  
DIARY OF SOCIAL ACTIVITIES FOR OCTOBER 2018**

<b>Monday, 1 October</b>	Chair Exercises with Jacqui - Lounge Poetry Corner with Tea & Cake - Lounge Subject: "Flowers" - £1pp	11.15am 2.30pm
<b>Tuesday, 2 October</b>	Yoga with Lina - Lounge	4.00pm
<b>Wednesday, 3 Oct</b>	Film Matinée - Lounge "A Room with a View" 1985 Drama/romance starring Maggie Smith, Daniel Day Lewis, Denholm Elliot Judi Dench and Helena Bonham-Carter	4.30pm
<b>Monday, 8 October</b>	Chair Exercises with Jacqui - Lounge	11.15am
<b>Tuesday, 9 October</b>	Yoga with Lina - Lounge	4.00pm
<b>Weds, 10 October</b>	Coffee Morning - Lounge	10.30am
<b>Monday, 15 October</b>	Chair Exercises with Jacqui - Lounge	11.15am
<b>Tuesday, 16 October</b>	Coffee Morning - Lounge - with songs at 11am from Sarah accompanied by Jeff as part of the Bluehouse Festival activities Holy Communion - Hobbies Room Yoga with Lina - Lounge	10.30am  2.00pm 4.00pm
<b>Wednesday, 17 Oct</b>	Film Matinée - Lounge "Grace of Monaco" 2014 Biographical drama starring Nicole Kidman, Tim Roth, Frank Langella & Paz Vega	4.30pm
<b>Tuesday, 23 October</b>	Coffee Morning - Lounge	10.30am
<b>Monday, 29 October</b>	Chair Exercises with Jacqui - Lounge Poetry Corner with Tea & Cake - Lounge Subject: "Remembrance" - £1pp	11.15am
<b>Tuesday, 30 October</b>	Yoga with Lina - Lounge	4.00pm
<b>Wednesday, 31 Oct</b>	Film Matinée - Lounge "Pretty Woman" 1990 Romance/comedy starring Julia Roberts and Richard Gere	4.30pm