

# WHAT'S ON during October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>1</b> <b>2.30</b> Residents Tea & Quiz	<b>2</b> <b>10.00</b> Mobile Library <b>2.30 AL</b> Mahjong <b>2.30</b> Knit & Natter * & Chess	<b>3</b> <b>9.45</b> Exercise <b>11.00 AL</b> Exercise	<b>4</b> <b>10.00</b> Indoor Bowls <b>3.00 AL</b> Up Words <b>3.00</b> Halloween Crafts* <b>6.45</b> Bingo	<b>5</b> <b>2.30</b> Table Games & Chess <b>3.00 AL</b> Table Tennis <b>6.00</b> Chinese Takeaway*	<b>6</b>
<b>7</b> <b>10.30</b> Social Club Coffee <b>2.30</b> Book Club <b>2.30 AL</b> Residents Tea <b>7.00</b> Table Tennis, Darts & Pool	<b>8</b> <b>9.45</b> Exercise <b>11.00 AL</b> Exercise <b>2.30</b> Residents Tea, plus speaker : 'Adventures in Documentary Photography'* <b>7.00</b> Private Booking	<b>9</b> <b>3.30</b> Church Service	<b>10</b> <b>9.30</b> Art Class <b>2.30</b> Music & Movement*	<b>11</b> <b>9.45</b> Exercise <b>11.00 AL</b> Exercise <b>3.00 AL</b> Up Words	<b>12</b> <b>2.30</b> Table Games <b>3.00 AL</b> Table Tennis	<b>13</b>
<b>14</b> <b>10.30 AL</b> Residents Coffee <b>7.00</b> Table Tennis, Darts & Pool	<b>15</b> <b>2.30</b> Residents Tea Quiz	<b>16</b> <b>2.30 AL</b> Mahjong <b>3.00</b> Rockdale Singers	<b>17</b> <b>2.30</b> Forget-Me-Notes	<b>18</b> <b>9.45</b> Exercise <b>11.00 AL</b> Exercise <b>2.30</b> Bridge & Chess <b>3.00 AL</b> Up Words <b>6.45</b> Bingo	<b>19</b> <b>9.00 -7pm AL</b> Private Booking <b>2.30</b> Table Games	<b>20</b> <b>2.30</b> Residents tea
<b>21</b> <b>10.30</b> Social Club Coffee <b>2.30 AL</b> Residents Tea <b>7.00</b> Table Tennis, Darts & Pool	<b>22</b> <b>9:45</b> Exercise <b>11:00 AL</b> Exercise <b>2.30</b> Residents Tea, & a talk from the Fire Brigade *	<b>23</b> <b>3.30</b> Church Service	<b>24</b> <b>9.30</b> Art Class <b>2.00</b> Hearing Aid Clinic, NHS aids only (bring your NHS book)	<b>25</b> <b>10.00</b> Indoor bowls <b>2.30</b> Knit & Natter* & Chess <b>3.00 AL</b> Up Words <b>6.00 AL</b> Chinese Takeaway*	<b>26</b> <b>2.30</b> Table Games <b>3.00 AL</b> Table Tennis	<b>27</b> <b>2.30</b> Residents tea
<b>28</b> <b>*Trip to Dobbies*</b> <b>9.00-12.00</b> Private Booking <b>10.30 AL</b> Residents Coffee <b>7.00</b> Table Tennis, Darts & Pool	<b>29</b> <b>2.30</b> Residents Tea & pop up ear wax check	<b>30</b> <b>10.00 AL</b> Halloween Crafts* <b>2.30 AL</b> Mahjong	<b>31</b>			

All events are held in Beatrice Wilson Common Room unless otherwise stated. **AL** = Akehurst Lane. \* **PTO for more information**

## Save The Date ~ Monday November 4th

Come and join us in BW for a very special Autumn Lunch, all in aid of for the wonderful charity, 'Mind.'  
( 'Mind' offers advice and support to anyone whose mental health is suffering).

### Day Trip to Dobbies Garden Centre, Ashford

Monday 28th October.

Itch your shopping urge with a day trip to Dobbie's Garden Centre in Ashford! As well as plants and garden accessories, Dobbie's has fabulous homeware, a great range of gifts for the whole family, and an enticing food hall. Get your Christmas shopping done early! A letter with full details and cost of the trip will follow shortly.

- **Wednesday 2nd & Friday 25th October, Knit & Natter, BW Common Room, 2.30pm.** Christmas themed knitting and sewing.
- **Friday 4th (BW Common Room, 3pm) & Wednesday 30th (AL, 10am ) October, Halloween Crafts.** We'll be painting glass jars in a spooky, Halloween make-over. Please bring a jar
- **Saturday 5th (BW) & Friday 25th (AL) October, Chinese Takeaway, 6pm.** Come and enjoy a Chinese takeaway with your Rockdale friends and neighbours. Please just let Reception know in advance if you'd like to attend. **Please note:** the BW Chinese Takeway will take place on October 5th, with the **AL** Chinese Takeaway on October 25th. Both events start at 6pm.
- **Tuesday 8th October, Residents Tea followed by a talk by Edward Thompson, 'Adventures In Documentary Photography', BW Common Room, 2.30pm onwards.** The Social Club is excited to present the hugely acclaimed documentary photographer, Edward Thomspson, who is travelling from Ramsgate especially to speak to us. Edwards's work has been exhibited at Christies and the Saatchi Gallery and published in titles as esteemed as National Georgraphic Magazine, Newsweek and the Sunday Times. He speaks regularly about photography on TV and radio, including the BBC World Service and Al Jazeera News. Edward will be talking to us about his recently published photo-book on Dungeness and his investigations at Pluckey—Kent's most haunted villlage, with an infra-red camera!
- **Thursday 10th October, Music & Movement, BW Common Room, 2.30pm.** Please see the accompanying flyer.
- **Tuesday 22nd October, Residents Tea followed by a talk from the local Fire Brigade, BW Common Room, 2.30pm onwards.**

**And finally...** Following our Rockdale Life newsletter, Especially Health would like to offer all Rockdale residents a 5% 'Wisdom Discount' on their foods and supplements. Enjoy! (Especially Health is on Sevenoaks High Street, opposite Poundland).