



Step Out Monthly Activities Calendar - October 2026

For more information on specific activities, please call 0161 480 0480

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1st AM – Music Bingo & Name that TV Show PM - Taster Session with Cheese,Pickle & Crackers. Food & Drink Quiz	2nd AM - Crossword with General Knowledge Quiz PM - Afternoon Disco Music & Dancing	3rd AM - 60s,70s Music Quiz PM - Taster Session with Cheese,Pickle & Crackers. Food & Drink Quiz
5th AM - Lets make Music Together PM - Afternoon Sing Along	6th AM - Music in Mind PM - Taster Session with Cheese,Pickle & Crackers. Food & Drink Quiz	7th AM - Crossword with General Knowledge Quiz PM - Taster Session with Cheese,Pickle & Crackers.	8th AM - 60s,70s Music Quiz & play tracks PM - Afternoon Karaoke with Members	9th AM - Name that TV Show by Sound PM - Taster Session with Cheese,Pickle & Crackers. Food & Drink Quiz	10th AM - Music Bingo PM - Dominos & Board Games
12th AM - Lets make Music Together PM - Cheese,Pickle & Crackers. Food & Drink	13th AM - Music in Mind PM - Crossword with General Knowledge Quiz & Table Games	14th AM - Parachute & Ball Bingo PM - Afternoon Karaoke with members	15th AM - Armchair Exercise With Music & Quiz PM - Taster Session Apple,Carrot & Mixed Dips	16th AM - Music Bingo & Play your Cards Right Game PM - Taster Session with Apple, Carrot, Cucumber with Mixed dips	17th AM - Name that TV Show & White board games PM - Afternoon Ball or Music Bingo
19th AM - Lets make Music Together PM - Reminiscing & Table Games	20th AM - Music in Mind PM - Taster Session with Apple, Carrot, Cucumber with Mixed dips	21st AM – Armchair Exercise with Music PM - Taster Session with Apple, Carrot, Cucumber with Mixed dips	22nd AM - Music or Ball Bingo PM - Afternoon Disco Music & Dancing	23rd AM - Floor Games & Pass the Balloon PM - Halloween Arts & Crafts	24th AM - Halloween Arts & Crafts PM - Apple, Carrot, Cucumber with Mixed dips
26th AM - Lets make Music Together PM – Halloween Arts & Crafts along with afternoon Treat	27th AM - Music in Mind PM – Halloween Arts & Crafts & Quiz with afternoon Treats	28th AM – Armchair Exercise With Floor Games PM - Halloween Arts & Crafts along with afternoon Treat	29th AM _ Halloween Arts & Crafts PM – Halloween Karaoke With Afternoon Treats	30th AM - Halloween Arts & Crafts PM - Halloween Karaoke with Afternoon Treats	31st AM – Halloween Facts & Quiz PM – Afternoon Halloween Movie