

For more info or to book:

admin@carersplus.net

[01723 850155](tel:01723850155)

October 2022



Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>Care for a Cuppa Club</u> <u>Active Autumn</u> <u>@Bridlington</u>	4	5	6	7
10	11	12	13 <u>Tea and Toast at the Coast</u> <u>@ Bridlington</u>	14 <u>Feel Good Friday</u> <u>@ Bridlington</u>
17	18	19	20	21
24	25	26 <u>Care for a Cuppa Club</u> <u>@ Bridlington</u>	27 <u>Tea and Toast at the Coast</u> <u>@ Bridlington</u>	28 <u>Feel Good Friday</u> <u>@ Bridlington</u>
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November 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7 <u>Care for a Cuppa Club</u> <u>Active Autumn</u> <u>@Bridlington</u>	8	9	10 <u>Tea and Toast at the Coast</u> <u>@ Bridlington</u>	11 <u>Feel Good Friday.</u> <u>@ Bridlington</u>
14	15	16	17	18
21	22	23	24 <u>Tea and Toast at the Coast</u> <u>@ Bridlington</u>	25 <u>Feel Good Friday.</u> <u>@ Bridlington</u>
28	29	30 <u>Care for a Cuppa Club</u> <u>@ Bridlington</u>		