



Registered Charity No: 1106520



Activity Centre

Wellbeing

Offering;

Information - Advice - Support / Mental - Physical - Emotional

April 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3rd Writers workshop @10 Community Café	4th NDA Hearing Aid Support 10-12 Arts & crafts group	5th Arts and crafts with Dorinda 10 - 12	6th Joy of Food 10.30 – 1.30 Start of 5wk course	7th Community Outlet Open 4 days a week
10th Community Café Easter Crafts	11th Arthritis Care Information 10 - 12 NDA Hearing Aid Support	12th Community Café Arts and crafts 10-12	13th Mind carers group Joy of food 10.30-1.30 Musical keys 12.45-1.30	14th Community outlet Open 4 days a week
17th Closed ! Easter Monday 	18th Easter Badge Making Gentle seated exercise 10.30 -11.30 Every month	19th Arts and crafts with Dorinda 10 - 12 Community Café	20th Sight Information Point Norfolk Association for the blind. 10-12 Joy of Food 10.30 – 1.30 Arts and Crafts	21st Community outlet Open 4 days a week
24th Community Cafe All Welcome	25th NDA Hearing Aid Support 10-12 Arts & crafts group	26th Community Café Arts and Crafts 10-12	27th Joy of Food 10.30 – 1.30 Musical keys 12.45-1.30	

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