



Registered Charity No: 1106520

Activity Centre

Offering; Information - Advice - Support / Mental - Physical - Emotional

August 2017

9am till 1pm, Monday to Wednesday, Thursday 9am till 3pm

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
	1st Bill's Art group Starts @ 10.30	2nd Community Café Arts and crafts with Dorinda	3rd Joy of food 5wk course 10.30-1.30 please book Musical Keys 12.45-1.30	4th Community Outlet Open 4 days a week
7 th Writers workshop@10 Community Cafe	8 th 11am Training communicating with a person with sight loss Bills Art group 10.30	9 th Community Café Arts and crafts with Dorinda	10 th Minds carers Group Joy of food 10.30-1.30	11 th Community outlet Open 4 days a week
14 th Community Café All Welcome	15 th Bills Arts group 10.30 Bring and Buy sale *	16 th Family Fun Day Bring the Children down For craft, cakes & Fun 10am to 12pm	17 th Joy of food 10.30-1.30 Musical keys 12.45-1.30 Clay Group & 10	18 th Community outlet Open 4 days a week
21 st Anxiety Group Support & information	22 nd Bills art group Gentle seated exercise 10.30 -11.30 Every month	23 rd Community Café Dorinda Crafts club	24 th Joy of food 10.30-1.30	
28 th Closed Bank Holiday	29 th Gardening With 'Will' @ 10am Ask for more information	30 th Community Café Dorinda Crafts club	31 st Joy of Food 10.30-1.30 Final day	

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Day Service Provider