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Registered Charity No: 1106520

# Activity Centre

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

**August 2018**

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

**Wellbeing**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <sup>st</sup> Community Café Unicorn arts & crafts  10am- 12 noon	2 <sup>nd</sup> Rummage Sale Arts & crafts	3 <sup>rd</sup> Community Outlet Open 4 days a week
6 <sup>th</sup> Writers workshop@10 Colouring 10am- 12noon	7 <sup>th</sup> -Bills Art Group@10 NDA Hearing Aid Support 10-12	8 <sup>th</sup> -Community Café Oil painting 10 am- 12 noon	9 <sup>th</sup> Fun Memory Games 11-12am Nail painting 10am	10 <sup>th</sup> Community outlet Open 4 days a week
13 <sup>th</sup> Butterfly arts & crafts 10am Job club 11.30am-12.30	14 <sup>th</sup> -NDA Hearing Aid Support 10-12 Bills Art Group@10	15 <sup>th</sup> Community Café Painting 10am-12noon	16 <sup>th</sup> - Badge making 10.30 All welcome Job club 11.30-12.30	17 <sup>th</sup> Community outlet Open 4 days a week
20 <sup>th</sup> - Job club 11.30am-12.30 Canvas Painting	21 <sup>st</sup> NDA Hearing Support Gentle seated exercise 10.30 -11.30 Every month	22 <sup>nd</sup> - Animal arts and Craft 10am – 12noon Community Café	23 <sup>rd</sup> -Cupcake Decorating 10.30am Job club 11.30-12.30	
27 <sup>th</sup> Closed Bank Holiday	28 <sup>th</sup> NDA hearing aid Support 10-12 Bills art group & 10am	29 <sup>th</sup> Origami 10am Community Café	30 <sup>th</sup> Birds of pray 10.30am Norfolk & Norwich association for the Blind Job club 11.30-12.30	

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*Day Service Provider*