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

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Day Service Provider