



Registered Charity No: 1106520

Activity Centre

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

December 2015

8.30 - 1pm Monday - Wednesday / Thursday 8.30 - 3pm

Well being

Monday	Tuesday	Wednesday	Thursday	Friday
	1st Arts & crafts group starts@10 Audiology service -10 -12	2nd Cooking group starts at 10.30 Craft group - Making a Christmas Post box @ 10.30	3rd Alirae Bunkle Diabetes nurse from the QE will be giving a talk 11.30- 12.30.	4th Closed
7th Citizens Advice Bureau Community Cafe	8th Audiology service -10 -12 Arts & crafts group starts@10	9th Cooking group starts at 10.30 Community Cafe all welcome	10th OFFICIAL OPENING DAY Christmas card / Tag making starts @ 10.30	11th Closed
14th Citizens Advice Bureau Reminiscing Group Starts @ 10.30	15th Gentle seated exercise class 10.30 -11.30 every month Audiology service -10 -12	16th ****ARE YOU LONELY**** YOU do not have to be FRIENDS DAY !!!!	17th Christmas Cooking starts at 10.30 with JILL First Focus CHRISTMAS PARTY - - DRESS UP -	18th Closed
21st Citizens Advice Bureau Community Cafe	22nd Audiology service -10 -12 Arts & crafts group starts@10	23rd Closed	24th Closed	25th Christmas Day
28th Bank Holiday Closed	29th Audiology service -10 -12 Arts & crafts group starts@10	30th Drop in to tell us all about your Christmas over tea and cake.	31st Community Get together All Welcome 10-3	

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Day Service Provider

