



Registered Charity No: 1106520

Activity Centre

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

February 2017

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

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
		1st Community Cafe Arts and crafts	2nd Cooking Group @ 10.30 Musical keys 12.45-1.30	3rd Community Outlet Open 4 days a week
6th Writers workshop shop@10 Community Café	7th NDA Hearing Aid Support 10-12 Arts & crafts group	8th Community Café All welcome	9th Mind carers group Red Cross talk – Danny & Michele 11am – 12pm	10th Community outlet Open 4 days a week
13th Tech Training 9.30- 10.30 Bring your own equipment Drop Drown Ask Questions	14th Valentines Day Spreading the LOVE!!!! NDA - 10-12 Arts & crafts	15th Arts and crafts Community Café	16th Clay Club – 10.30 Arts and Crafts Musical keys@12.45	17th Community outlet Open 4 days a week
20th Community Cafe All Welcome	21 st Arthritis Care 10.30-13.00 information & advice Gentle seated exercise 10.30 -11.30 Every month	22nd Community Café Arts and crafts Drop in!	23 rd Jackie's Cards for sale Cooking group@10 Fundraising Fun Day Event	
27th Tech Training 9.30 – 10.30 Bring your own equipment Drop Drown Ask Questions Dementia awareness Workshop 13.00 – 16.00	28th Pancake day Come and make Pancakes. NDA Hearing Aid Support Archive – Last Tuesday of Every month 2-4			

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