



# Activity Centre




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

February 2018

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

**Wellbeing**

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
|  |   |   | 1st<br>Cooking 10.30<br>With Jill  | Community outlet<br>Open 4 days a week  |
| 5th<br>Writers workshop@10<br>Depression Collage<br>@10.30           | 6th<br>NDA hearing aid support<br>10-12 every Tuesday<br>Arts @ 10 am   | 7th<br>Metal Painting<br>Arts and crafts<br>Good 2b me Course | 8th<br>Still life Drawing<br>Trading standards<br>Scam Talk<br>@ 10.30               | Community outlet<br>Open 4 days a week  |
| 12th *Love Week*<br>Valentine card Making<br>Information and support | 13th NDA Support<br>Art Group<br>Share the Love through<br>Art          | 14th<br>Good 2B Me course<br>Love yourself                    | 15th<br>Indoor car boot sale<br>Book a table (Free)<br>Love A bargain                | Community outlet<br>Open 4 days a week  |
| 19th<br>Arts & Crafts<br>Community Cafe                              | 20th NDA Hearing Aid support<br>Gentle seated exercise<br>10.30 – 11.30 | 21st Colouring workshop<br>Good 2B me<br>Course               | 22nd<br>Cooking 10.30<br>One to one Financial<br>advice please book.<br>01328 855083 | <br>LOTTERY FUNDED |
| 26th<br>Arts & Crafts  | 27 <sup>th</sup> 10am – 12 noon<br>NDA Hearing aid support              | 28th<br>Good 2b me course                                     |  |   |

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*Day Service Provider*