

# February 2020

# Day Service Provider

## Information-Advice-Support Mental-Physical-Emotional Wellbeing



Registered Charity No: 1106520

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3<sup>rd</sup></b> Writers Workshop @10 am <b>Foil art</b>	<b>4<sup>th</sup></b> NDA Hearing Aid Support 10-12pm Bills supporting art group 10 Glass Painting	<b>5<sup>th</sup></b> Community Café <b>Head Band Making</b>	<b>6<sup>th</sup></b> Table Top Sale Cooking Welsh Cakes @ 10	<b>7<sup>th</sup></b> Dereham out reach 10am – 2pm
<b>10<sup>th</sup></b> Coffee & Chat every day Pebble craft	<b>11<sup>th</sup></b> NDA Hearing Aid Support 10-12pm Bills supporting art group 10 <b>Wool Weaving</b>	<b>12<sup>th</sup></b> Community Café Daily <b>Garden Chandelier</b>	<b>13<sup>th</sup></b> Valentine Card Making with with Vivian @ 10am Tracing family tree	
<b>17<sup>th</sup></b> Recipes & cooking on a budget. Arts & Crafts	<b>18<sup>th</sup></b> NDA Hearing Aid Support 10-12pm Bills supporting art group 10 <b>Gentle seated exercise 10.30</b> Mosaic Art	<b>19<sup>th</sup></b> Community Café Daily Tracing Family Trees <b>Flower Arranging</b>	<b>20<sup>th</sup></b> Bingo from 11am Music Mindfulness	
<b>24<sup>th</sup></b> Tea and Company & Foil Art	<b>25<sup>th</sup></b> NDA Hearing Aid Support 10-12pm Bills supporting art group 10 <b>Jewellery Making</b>	<b>26<sup>th</sup></b> Community Café & Making <b>Button Bowls</b>	<b>27<sup>th</sup></b> <b>Baking club from 10</b> Arts & Crafts	 <b>LOTTERY FUNDED</b>

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