



Registered Charity No: 1106520

# Activity Centre

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

January 2016

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

**Well being**

Monday	Tuesday	Wednesday	Thursday	Friday
4th CLOSED	5th <b>Writers Workshop</b> 10.30am - 12.30am NDA- Hearing Aid Support 10-12	6th <b>Counselling Please book</b> <b>Community Cafe</b> <b>Art and Crafts - Mask Making</b>	7th Cooking Group Starts at 10.30	8th <b>Open 12-5pm</b> <b>First Focus Showcase Day</b>
11th <b>Games Day!</b> <u>Citizens Advice Bureau</u> Community Cafe	12th NDA Hearing Aid Support 10-12 Arts & crafts group starts@10 Cathys card game group @ 11	13th <b>Counselling Please book</b> Community Cafe Mindful colouring @10.30 Group	14th Art therapy starts @ 10.30 Clay Group starts @ 10.30 Jane	15th Closed
18th <u>Citizens Advice Bureau</u> <b>Friendship Group</b> Reminiscing Starts @10.30	19th NDA Hearing Aid Support 10-12 Arts & crafts group starts@10 Gentle seated exercise class 10.30 -11.30 every month	20th <b>Counselling Please book</b> <b>****ARE YOU LONELY****</b> Come down and join in!	21th Building a bridge activity @ 10.30 Community Cafe / Friendship	22th Closed
25st Monday Make & Bake @ 10.30 <u>Citizens Advice Bureau</u> Community Cafe	26nd <b>Exercise for Arthritis @ 10.30</b> NDA Hearing Aid Support 10-12 Arts & crafts group starts@10	27rd <b>Counselling Please book</b>	28th Cooking Group Start at 10.30 Learn a new skill pop down.	29th Closed

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**Day Service Provider**



LOTTERY FUNDED