



Registered Charity No: 1106520


Activity Centre

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

July 2018

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

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
2 nd Writers workshop@10 Emotional development 'Mood boards'	3 rd NDA Hearing Aid Support Bills Art Group	4 th Animal painting 10am- 12 noon	5 th Cooking Homemade Burgers	6 th Community Outlet Open 4 days a week
9 th Community Café Painting/oil pastel art	10 th - Bills Art Group NDA Hearing Aid Support 10-12 Arts & crafts group	11 th - Nail painting & Massage 10 am- 12 noon	12 th Diabetic group@11am Clay modelling	13 th Community outlet Open 4 days a week
16 th - Nature Art@10 Information & support	17 th - NDA Hearing Aid Support 10-12 Gentle seated exercise 10.30 -11.30 Every month	18 th Community Café Teddy bear Building 10am-12noon	19 th - Please Book Dementia friends training day Starts 12 noon	20 th Community outlet Open 4 days a week
23 rd - Community Cafe Colouring	24 th - NDA Hearing Aid Support Art Group 10-12	25 th - Community Café Card making	26 th - Cooking group@10.30 Don't forget B.B.Q tomorrow All enquiries April/Clarissa	 LOTTERY FUNDED
30 th International friendship day Friendship bracelet making	31 st NDA Support 10-12 Bills art group & 10am			

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Day Service Provider