



Registered Charity No: 1106520

# Activity Centre

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

June 2017

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

**Wellbeing**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <sup>st</sup> Cooking <a href="#">group@10.30</a> Stroke Group 10.30	2nd Community Outlet Open 4 days a week
5th Writers workshop@10 Design a Monster Day Community Café	6th NDA Hearing Aid Support 10-12 Arts & crafts group	7th Community Café Arts and crafts with Dorinda	8 <sup>th</sup> Mind carers group Musical keys 12.45-1.30	9th Community outlet Open 4 days a week
12th Community Café All Welcome	13th Arts & crafts group Talk about saving Energy in your home 10.30 All welcome	14th Arts and crafts with Dorinda 10 - 12 Community Café	15 <sup>th</sup> Alzheimer's society Cup cake day With Russell Simpson From the Alzheimer's Society Information & Support	16th Community outlet Open 4 days a week
19th Community Cafe All Welcome	20th NDA Hearing Aid Support Gentle seated exercise 10.30 -11.30 Every month	21st Community Café Arts and Crafts Let's Talk About Sex talk starts at 10.30	22nd Musical Keys 12.45-1.30 Fakenham Archive group Presentation 11-12	
26th Community Cafe	27th Gardening with 'Will' Ask for more information NDA Hearing Aid Support	28 <sup>th</sup> Arts and Crafts	29 <sup>th</sup> Cooking group@10.30	

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*Day Service Provider*