



Registered Charity No: 1106520

Activity Centre

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

March 2018

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

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
			1 st Cooking 10.30 Paper Flower making 10am – 12 noon	Community outlet Open 4 days a week
5 th Writers workshop@10 Still life drawing 10am–12 noon	6 th NDA hearing aid support 10-12 every Tuesday Arts @ 10 am Water colour painting	7 th Learn How to Knit With Tara Good 2b me Course	8 th Diabetic group@11 Norfolk & Norwich Association for the blind lollystick picture making	Community outlet Open 4 days a week
12 th always available Information and support 'Making string Bowls'	13 th NDA Support Art Group Soft/oil pastel Drawing	14 th Learn how to sew National no smoking day	15 th 3D picture making 10am-12 noon All welcome	Community outlet Open 4 days a week
19 th Arts & Craft Toilet roll Animals Community Cafe	20 th NDA Hearing Aid support Gentle seated exercise 10.30 – 11.30 International day of Happiness	21 st Learn how to crochet Good 2B me course	22 nd Bring and Buy Sale 9.30am–1.30pm Making picture Frames	
26 th Painting Easter eggs Autism Awareness week	27 th NDA Hearing aid support Easter Art	World Bipolar day 28 th Pop down for information Easter themed Embroidery	29 th Easter card making Cooking 10.30	

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Day Service Provider