



Registered Charity No: 1106520

Activity Centre

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

May 2017

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

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
1 st May day bank holiday Closed	2 nd NDA Hearing Aid Support	3 rd Arts and crafts with Dorinda 10 - 12	4 th Joy of food last session Arts and crafts	5 th Community Outlet Open 4 days a week
8 th Writers workshop shop@10 Community Café	9 th Gentle seated exercise 10.30 -11.30 Every month NDA Hearing Aid Support 10-12 Arts & crafts group	10 th Community Café Arts and crafts with Dorinda	11 th Diabetic Group cooking group - Foot care advice Mind carers group Musical keys 12.45-1.30	12 th Community outlet Open 4 days a week
15 th Community Café All Welcome	16 th Alzheimer's Society Talk SIDE BY SIDE project 10.30 All welcome to listen & talk Arts & crafts group @10	17 th Arts and crafts with Dorinda 10 - 12 Community Café	18 th Dementia Awareness Day On the Fakenham Market place COME & SEE !!!!! Arts and Crafts 10 – 12 New Stroke Group 10.30-11.30	19 th Community outlet Open 4 days a week
22 nd Community Cafe All Welcome	23 rd NDA Hearing Aid Support information & advice	24 th Community Café Arts and Crafts	25 th Karoke come & sing 11.30 Cooking group@10.30 Monster Making day All welcome	
29 th Closed Bank Holiday	30 th Gardening with 'Will' Ask for more information NDA Hearing Aid Support	31 st Arts and Crafts		

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Day Service Provider