


# November

# Day Service Provider

## Information-Advice-Support Mental-Physical-Emotional Wellbeing



Registered Charity No: 1106520

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4<sup>th</sup></b> Writers Workshop group @ 10am Pancreatic Cancer Month info Crafts</p>	<p><b>5<sup>th</sup></b> NDA Hearing Aid Support 10-12pm Bills supporting art group 10 Firework Art</p>	<p><b>6<sup>th</sup></b> Community Café Day Glass Painting</p>	<p><b>7<sup>th</sup></b> Peer support <b>Origami @ 10</b> <b>Sewing Circle 'weekly'</b> Table top sale from 9 am</p>	<p><b>8<sup>th</sup></b> Dereham 1 to 1 support</p>
<p><b>11<sup>th</sup></b> Quiz session Arts and Crafts</p>	<p><b>12<sup>th</sup></b> NDA Hearing Aid Support 10-12pm Bills supporting art group 10 <b>Refrigerator Cake making</b></p>	<p><b>13<sup>th</sup></b> Community Café Day Researching your family name Sewing for beginners</p>	<p><b>14<sup>th</sup></b> Peer Support Big Recipe swap Bauble making <b>Bingo from 11am</b></p>	
<p><b>18<sup>th</sup></b> Advent calendar Making Toiletries sales</p>	<p><b>19<sup>th</sup></b> NDA Hearing Aid 10-12 Bills supporting art group Gentle seated exercise class 10.30-11.30</p>	<p><b>20<sup>th</sup></b> Community Café Day Decade of the Month Reminiscing the 70s</p>	<p><b>21<sup>st</sup></b> Peer support <b>Men's Health info</b> <b>Earring making</b></p>	
<p><b>25<sup>th</sup></b> Decoupage Christmas Decorations &amp; Presents</p>	<p><b>26<sup>th</sup></b> NDA Hearing Aid support Bills supporting art group <b>Beetle Drive</b></p>	<p><b>27<sup>th</sup></b> Community Café Xmas card Making</p>	<p><b>28<sup>th</sup></b> Peer support@10  Baking Club @ 10.30am Memory Observation tray</p>	

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