



Registered Charity No: 1106520

Activity Centre

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

Sept 2017

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

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
				1 st Community Outlet Open 4 days a week
4 th Writers workshop@10 Community Cafe Tara's Spring art	5 th Community outlet Fresh produce daily Bill's art group @10.30	6 th Community Café Arts and crafts with Dorinda Painting with Tara	7 th Musical keys 12.45-1.30 Joy of food 10.30 final week Minds carers Group Intro to Diamond art 1pm	8 th NDA Training 10am to 4.30
11 th L;Make a felt animal Community Café All welcome	12 th Painting with Tara Community outlet 9am – 1pm daily	13 th Community Café Arts and crafts with Dorinda	14 th Diabetic Group 11.30am With Alirae Bunkle Diabetes specialist nurse	15 th Community outlet Open 4 days a week
18 th Paper carts with Tara Anxiety Group Support & information	19 th Bill's art group Gentle seated exercise 10.30 -11.30 Every month	20 th Community Café Dorinda Crafts club Painting	21 st Fakenham archive presentation @ 11am. Alzheimer's info day Musical keys 12.45-1.30	<p>LOTTERY FUNDED</p>
25 th Tara's woolly pictures Community Café All Welcome	26 th Gardening With 'Will' @ 10am Ask for more information Bill's art group 10.30am	27 th Community Café Dorinda Crafts club	28 th Cooking with Jill 10.30 Bring and buy sale *	

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Day Service Provider