

	I.T Suite		Art Room		Recreation		Joan Weston		Wood Workshop	
	10am-12pm	1pm-3pm	10am-12pm	1pm-3pm	10am-12pm	1pm-3pm	10am-12pm	1pm-3pm	10am-12pm	1pm-3pm
Mon 3rd	I.T. Skills	I.T. Skills	Art	Free	Christmas Decorating	Christmas Decorating	Therapies (Introduction)	Therapies (Introduction)	Closed	Woodwork
Tue 4th	Free	Free	Art	Art	Drop In	Guitar and Ukulele Lessons	Holistic Therapy	Holistic Therapy	Closed	Closed
Wed 5th	I.T. Skills	Free	Free	Free	Drop In	Bowls and Banter	Mindfulness (Introduction)	Mindfulness (Introduction)	Woodwork	Woodwork
Thu 6th	Free	Genealogy	Model Making	Model Making	Drop in	Newsletter Group	Free	Free	Woodwork	Woodwork
Fri 7th	I.T. Skills	Free	Art	Art	Muay Thai Boxing	Friday Coffee and Chat	Holistic Therapy	Holistic Therapy	Closed	Closed

- Hot lunch option served 12pm-1pm every day (£2)
- ASAP and Shoulder to Shoulder offer Drop-In sessions alternative Wednesdays 11am-1pm.
- Friday sessions supported by Liz from SSAFA – An Armed Forces Charity supporting the welfare of veterans