

	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 7 th	I.T. Skills	I.T. Skills	Art	Free	Drop In	Dominoes	Therapies	Therapies	Closed	Woodwork
Tue 8 th	Free	Free	Art	Art	Drop In	Drop In	Holistic Therapy	Holistic Therapy	Closed	Closed
Wed 9 th	I.T. Skills	Free	Free	Free	Drop In	Boccia Bowls	Mindfulness	Mindfulness	Woodwork	Woodwork
Thu 10 th	Free	Genealogy	Model Making	Model Making	Drop In	Newsletter Group	Free	Free	Woodwork	Woodwork
Fri 11 th	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