

	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 11th	I.T. Skills	I.T. Skills	Art	Free	Drop In	Dominoes	Therapies	Therapies	Closed	Woodwork
Tue 12th	Free	Free	Art	Art	Drop In	Drop In	Holistic Therapy	Holistic Therapy	Closed	Closed
Wed 13th	I.T. Skills	Free	Model Making	Free	Action on Hearing Loss Clinic (10:30-12:00)	Film Show War Horse (Popcorn and Choc Ices)	Mindfulness	Mindfulness	Woodwork	Woodwork
Thu 14 th	Free	Genealogy	Model Making	Model Making	Drop In	Newsletter Group	Free	Free	Woodwork	Woodwork
Fri 15th	I.T. Skills	Free	Art	Art	Drop In	Friday Afternoon Coffee and chat	Holistic Therapy	Holistic Therapy	Closed	Closed

- Hot lunch option served 12pm-1pm every day (£2) **please let us know by phone or in person by 10:30.**
- 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
- Alan from Veterans UK is in the last Tuesday of the month.