

	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 18th	I.T. Skills	I.T. Skills	Art	Free	Action on Hearing Loss drop in	Boccia Bowls	Therapies	Therapies	Closed	Woodwork
Tue 19th	Free	Music Group	Art	Art	Drop In	Pool Tournament	Holistic Therapy	Holistic Therapy	Closed	Closed
Wed 20th	I.T. Skills	Free	Model Making	Free	Drop In	Scottish Comedy Films	ASAP 11:00-13:00	Free	Woodwork	Woodwork
Thu 21st	Free	Genealogy	Model Making	Model Making	Drop In	Newsletter Group	Free	Free	Woodwork	Woodwork
Fri 22nd	I.T. Skills	Free	Free	Free	Drop in and Stand Easy Focus Group	Friday quiz and tea 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.