

	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 13 th	I.T. Skills	Free	Art	Art	Drop In	Dominoes And Games	Therapies	Therapies	Closed	Woodwork
Tue 14 th	I.T. Skills	Free	Art	Art	Archery	Archery	Holistic Therapy	Holistic Therapy	Closed	Closed
Wed 15 th	Free	Genealogy	Model Making	Free	Tai Chi 11:30-12:00 (Easy) 12:00-12:30 (intermediate)	Reminiscence Quiz and Music	Free	Free	Woodwork	Woodwork
Thu 16 th	Free	Genealogy	Model Making	Model Making	Archery	Newsletter Group and Music Group	Free	Free	Woodwork	Woodwork
Fri 17 th	I.T. Skills	Free	Art	Art	Drop In	Boccia Bowls	Free	Free	Closed	Closed

- Hot lunch option served 12pm-1pm every day (£2) please let us know by phone or in person by 10:30.
- ASAP offers Drop-In sessions alternative Wednesdays 11am-1pm.
- Alan from Veterans UK is in the last Tuesday of the month.