

	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 10th	I.T. Skills	Free	Art	Art	Drop In	Dominoes	Therapies	Therapies	Closed	Woodwork
Tue 11th	Free	Free	Free	Free	Drop In	Pool Tournament	Holistic Therapy	Holistic Therapy	Closed	Closed
Wed 12th	Free	Genealogy	Model Making	Free	Tai Chi 11:30-12:00(Easy) 12:00-12:30 (intermediate)	Music Quiz and Games	Mindfulness	Mindfulness	Woodwork	Woodwork
Thu 13th	I.T. Skills	Genealogy	Model Making	Model Making	Drop In	Music Group	Holistic Therapy	Holistic Therapy	Woodwork	Woodwork
Fri 14th	I.T. Skills	Free	Art	Art	Archery (weather permitting)	Games and Friday chill 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 offers Drop-In sessions alternative Wednesdays 11am-1pm.
- Alan from Veterans UK is in the last Tuesday of the month.