


Week beginning: 2nd September

Monday	Tuesday	Wednesday	Thursday	Friday	Monthly
<p>10am-12pm</p> <p>Art Games Woodwork IT (Internet, lap-tops, mobile phones, IPAD'S)</p>	<p>10am-12pm</p> <p>Art Holistic Therapy Archery Pain Group (10:30)</p> 	<p>10am-12pm</p> <p>IT (Internet, lap-tops, mobile phones, IPAD'S) Model Making ASAP (11am-1pm) Tai Chi (11.30 easy seated, 12.00 intermediate) Woodwork Largs Trip</p>	<p>10am-12pm</p> <p>Holistic Therapy IT (Internet, lap-tops, mobile phones, IPAD'S) Model Making Woodwork Table Tennis</p>	<p>10am-12pm</p> <p>Art Ukulele Holistic Therapy Photography Classes (all day till 3pm) Archery</p> 	<p>August/September</p> <p>Veterans UK last Tuesday of the month 4th Sept– Largs Viking Festival Trip 6th Sept– Members/ spouse/carers courtyard party! 20th Sept-Military Ball 21st Sept– Senior Games</p>
12pm-1pm Lunch	12pm-1pm Lunch	12pm-1pm Lunch	12pm-1pm Lunch	12pm-1pm Lunch	Info
<p>1pm-3pm</p> <p>Upcycling Woodwork Games</p>	<p>1pm-3pm</p> <p>Art Holistic Therapy Archery</p>	<p>1pm-3pm</p> <p>Genealogy Woodwork Largs Trip</p>	<p>1pm-3pm</p> <p>Guitar Lessons Holistic Therapy Genealogy Woodwork</p>	<p>1pm-3pm</p> <p>Art Holistic Therapy 2pm– 6pm ERMAC 1940's Courtyard Party</p>	<p>Lunch served @ 12pm every day (£2) please let us know by phone or in person by 10.30am Archery weather permitting</p>