

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Toddler Group ☺ Stay and Play 9.30am – 12pm	Yoga with Amanda 10.00am – 11.30am (Restarting in February 2020)	Baby Bubbles ☺ 9.30am – 11.30am	Super Stories ☺ 9.30am – 11.30am	Slimming World 9.00am – 12.30pm
Art Class 10am – 12pm	Youth Community Allotment Group * @ The Henry Cohen Campus 10am – 12pm (Term Time Only)	Art Class 10am – 12pm	Pilates with Emily 09.15am – 10.15am	Baking Buddies ☺ 9.30am – 12pm
Keep Fit 10.30am – 11.30am	Mums & Movers Yoga* ☺ NEW! 11.00am – 11.45am	Music Appreciation 10am – 12pm	Art Class 10am – 12pm	Topical Discussion Group 10.30am – 12pm
Carers Group 11am – 1pm or 5.30pm-7pm (Last Monday of the month timings alternate)	Chairobics 11.00am – 12pm	Keep Fit 10.30am – 12pm	Book Club * 10.30am – 12pm (Every 2 weeks)	
Tap Dancing (Some experience needed) 12pm – 1pm	Community Allotment Group * @ The Henry Cohen Campus 1pm – 3pm (Term Time Only)	S.O.S (Save Our Sight) Visually Impaired Social Group 10.30am – 12.30pm (Fortnightly)	Social Group Outing 12.30pm-3.30pm (dates/times can vary)	
Film Club 1.15pm – 4pm (Alternate Mondays)	Inclusive Arts & Crafts 1.30pm – 2.30pm	Baby Signing* ☺ 1pm – 2pm (Term Time Only)	Team Quiz 2pm - 3pm (Except 1 st Thursday of every month)	
Immerse Yourself ☺ * 2pm – 4pm	Bingo 2pm – 3pm	Communications Project (Technology Skills) 2pm – 3pm (Term Time Only)	Flower Arranging * 2pm - 3pm (2 nd Thursday of every month) Restarting in March 2020	
Afternoon Tea & Entertainment (Wellbeing Afternoon) *	Hearing Aid Drop In 2pm – 4pm (2 nd Tuesday of every month)	Sing Yourself Happy 2pm – 3.30pm	Sensory Loss Social 2pm – 4pm (1 st Thursday of every month)	
	Tea Dance 2pm – 4pm (2 nd Tuesday of every month)	'Early Days' Support ☺ * 2.15pm – 3.15pm	Table Tennis 2pm - 4pm (except 1 st Thursday of every month)	SUNDAY
	Caring for Dementia - Carers Group 2pm - 4pm (2 nd & 4 th Tuesday of every month)	Scrabble 2.30pm – 4.30pm	Young People's Inclusive Art Group * 4pm – 5.30pm (Term Time Only)	'Together' Sunday Club* ☺ Social Group for Children with Additional Needs 10am – 11am (Term Time Only)
	Yoga with Danya 7.30pm - 8.30pm	Family Yoga ☺* NEW! (for children with additional needs) 4pm – 5pm Starts 2020	Slimming World 5.30pm – 9pm	* Booking essential
		Film Club 4.30pm – 7pm (Alternate Wednesdays)	Pilates with Emily NEW! 6.30pm-7.30pm	☺ For Children
		Singing for Pleasure 7pm – 9pm	Community Services Social Group* 7.30pm – 9.30pm (Last Thursday of every month)	Open to all - Dementia Friendly Class

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