

ACTIVITY PROGRAMME



THE VENUE @ THE MAZCC

Community Allotment – Alternate Tuesdays (1st & 3rd Tuesday each month)
1pm-2.30pm (Term time only)
Join us and help out with hands-on maintenance and ideas on how to develop the community allotment at the Henry Cohen Campus.

Book Club – Thursday (Fortnightly) 3pm-4pm
Would you like to be part of a reading group that loves books?
Every 2 weeks, our lively group meets and reviews selected titles and

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Toddler Group ☺ Stay & Play, 0 - 5 years 9.30am – 12noon	Toddler Group ☺ Sensory Play, 0 - 2 years 9.30am – 12noon	Toddler Group ☺ Messy Play, 2 - 5 yrs 9.30am – 12noon	Toddler Group ☺ Baby Bubbles, 0 - 18 months 9.30am – 12noon	Toddler Group ☺ Challa Baking & Play, 18months - 5yrs 9.30am – 12noon
Carers Group 11am – 12.30pm Monthly – call for venue	Yoga with Amanda 10.00 – 11.30am	Movement to Music Chair based & enhanced session 10 – 11am	Art Class 10am – 12noon	Topical Discussion Group 11am - 12pm
	Movement to Music Chair based & enhanced session 10.30 - 11.30am	Art Class 10am - 12noon	Music Appreciation 11.30am - 12.30pm	
		S.O.S (Save Our Sight) * Visually Impaired Social Group 10.30am – 2.30pm Fortnightly		
LUNCH FOR LESS 12 - 1pm	LUNCH FOR LESS 12 - 1pm	LUNCH FOR LESS 12 - 1pm	LUNCH FOR LESS 12 - 1pm	LUNCH FOR LESS 12 – 12.30pm
Wellbeing Afternoon Music & Entertainment 2 – 4pm			Women's Support Group 1.30 - 3pm	
		Bingo & Quiz 1 - 2pm	Table Tennis 2 - 3pm	
	Community Allotment Group @ The Henry Cohen Campus 1 – 2.30pm (Fortnightly - Term Time Only)	Sing Yourself Happy 2 - 3.30pm	Memory Stimulation Group 2.30 - 3.30pm Fortnightly	SUNDAY
	Dementia Carers Group ☘ 2 - 4pm Fortnightly	Film Club 2pm Fortnightly	Book Club 3 – 4pm Fortnightly	Social Group for Children with Additional Needs ☺ Monthly 2 – 3.30pm (Term Time Only)
	Creative Play ☺ Junk modelling, collages & more! 2.30 - 4pm 2– 5 years	Baking Group ☺ Fun & easy baking with your little ones 18months – 5 years 2.30-4pm	Walking Group 1pm Fortnightly	
	Inclusive Lego Club ☺ 3.45 - 4.45pm (Term Time Only)	Man Talk Men's Health & Wellbeing Group 6 - 8pm	Inclusive Art Club ☺ 3.45 – 5pm (Term Time Only)	

BOOKING IS ESSENTIAL FOR ALL ACTIVITIES & CLASSES TO GUARANTEE YOUR PLACE AS NUMBERS ARE LIMITED

LUNCH FOR LESS OPERATES ON A DROP- IN BASIS & THERE IS NO NEED TO BOOK

TRANSPORT IS AVAILABLE – ENQUIRE WHEN BOOKING (SOME RESTRICTIONS APPLY)

☺ For Children

☘ Suitable for those living with Dementia

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*See overleaf for individual numbers