**ACTIVITIES TIMETABLE**

August - October 2018

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| **DAY:** | **ACTIVITY** | **DATES** |
| **MONDAY** | **ARTS AND CRAFTS**2pm - 3.30pm | Relaxed Art sessions**£5** per session | **Every Monday** |
| **TUESDAY** | **HEALTH AND NUTRITION WORKSHOP**11 – 2pm | Facilitated by a Nutritionist. Friendly and informal setting**£3** per session | **7th, 14th and 21st August**THIS IS HELD AT PARK STREET VILLAGE HALL AL2 2PX |
| **PEER SUPPORT**1pm-2.30pm | Relaxed and friendly chat over tea and coffee**£3** per session | **Every Tuesday** |
| **DAY TRIPS**9.30am – 2pm | **£25** per day includes the travel, activity and support on the day. £5 deposit for each booking | **Last Tuesday of Each month**. Contact us for details.  |
| **WEDNESDAY** | **SEATED EXERCISES**11 – 12pm | Fun, gentle exercises to help improve mobility. **£3** per session | **August: 1st, 29th****September: 5th, 12th, 19th, 26th, 3rd****October: 3rd** |
| **READING AND WRITTING**1 – 2.30pm | Learn basic reading, writing and maths skills. **£3** per session | 1st August – 5th September(please enquire, dates TBC) |
| **THURSDAY** | **AROMATHERAPY**2 – 3.30pm | Enjoy some Herbal teas and relaxation.**£3** per session | **2nd August – 6TH September****20th September – 25th October**  |
| **FRIDAY** | **COOKERY**11am – 1.30Pm | Learn basic cooking skills and make new friends**£30 for a 6 week course** | **August 31st – 5th October****9th November – 14th December** |
| **ALL WEEK** | **FREE 1:1 AND/GROUP SUPPORT IN STALBANS TOWN**If you are having trouble getting back into social groups or want help with confidence | Contact us to find out more |