**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 |