



July 2017 Programme

<p>Monday 3rd July 9.30 Social drop in. 10-2pm Art with Mary. 11.00 A taste of the USA. 12 noon Lunch. 12.30 Andy's music. 1-3 Massage with Cathy. 1.30-2.30 Gentle exercise.</p>	<p>Thursday 6th July 9.30 Social drop in. 10.00 Mindfulness art, table tennis 11.00 Origami. 12 noon Lunch.</p>	<p>Friday 7th July 9.30 Social drop in. 10.00 Board games. Newspaper forum. 12 noon Lunch</p>
<p>Monday 10th July 9.30 Social drop in. 10-2pm Art with Mary. 11.00 Poetry corner. 12 noon Lunch. 1-3 Massage with Susan. 1.30-2.30 Gentle exercise.</p>	<p>Thursday 13th July 9.30 social drop in. 10.00 Table tennis. 11.00 Quiz, dingbats and guess who? 12 noon Lunch.</p>	<p>Friday 14th July 9.30 Social drop in. 11.00 Bingo. 12 noon Lunch.</p>
<p>Monday 17th July 9.30 Social drop in. 10-2pm art with Mary. 11.00 Build a story. 12 noon Lunch. 12.30-3 Massage with Susan. 1.30-2.30 Gentle exercise.</p>	<p>Thursday 20th July 9.30 Social drop in. 10.00 Mindfulness art. Table tennis. 11.00 Sing with James. 12 noon Lunch.</p>	<p>Friday 21st July 9.30 social drop in. 11.00 Craft with Veronica. 12 noon Lunch.</p>
<p>Monday 24th July 9.30 Social drop in. 10-2pm Art with Mary. 11.00 Musical bingo. 12 noon Lunch. 12.30-3 Massage with Susan. 1.30-2.30 Gentle exercise...</p>	<p>Thursday 27th July Summer Picnic at the Cathedral. Friday 28th July Summer BBQ. SIGN UP REQUIRED FOR BOTH EVENTS. Please note that the Centre is closed on both of these dates.</p>	<p>MONDAY 31st July 9.30 Social drop in. 10-2pm Art with Mary. 11.00 Quiz with Vanessa. 12 noon Lunch. 12.30-3 Massage with Susan. 1.30-2.30 Gentle exercise.</p>