



July Programme

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| <p><b><u>Please note that we are closed on the 26<sup>th</sup> and 27<sup>th</sup> as Christ Church summer kids club are using the hall.</u></b></p>  | <p><b><i>Canterbury Sunday 25<sup>th</sup> at The Keep.<br/>Picnic at The Cathedral 29<sup>th</sup> July.<br/>BBQ in Effingham 30<sup>th</sup> July.<br/>Sign up required for all three events.</i></b></p> | <p><b><u>Thursday 1<sup>st</sup></u></b><br/>9.30 Open. Mindfulness art. 10.00 Move it! 11.00 What is it, Where is it, who is it? 12 Noon Lunch.</p> | <p><b><u>Friday 2<sup>nd</sup></u></b><br/>9.30 open. Mindfulness art. 10.00 Grove it! 10.30 Mindfulness technique. 11.00 Emma's Choice. 12 Noon Lunch.</p>           |
| <p><b><u>Monday 5<sup>th</sup></u></b><br/>9.30 Open. Mindfulness art. 10.00 Gentle exercise. 11.00 Poetry with Paula. 12 Noon Lunch. 12.30-2.45 Head massage with Susan. 1.00 Noughties quiz.</p>  | <p><b><u>Tuesday 6<sup>th</sup></u></b><br/>1.30pm Open. Mindfulness art. Card making with Jess and Emma. 4.30 Close</p>  | <p><b><u>Thursday 8<sup>th</sup></u></b><br/>9.30 Open. Mindfulness art. 10.00 Lets' dance. 11.00 I'm famous, who am I? 12 Noon Lunch.</p>           | <p><b><u>Friday 9<sup>th</sup></u></b><br/>9.30 Open. Mindfulness art.10.00 Jump to it! Followed by mindfulness. 11.00 Emily sings and plays for us.</p>              |
| <p><b><u>Monday 12<sup>th</sup></u></b><br/>9.30 Open. Mindfulness art. 10.00 Dance moves. 11.00 Bingo with Elaine. 12 Noon Lunch. 12.30-2.45 Head massage with Susan. 1.00 Discussion group.</p>   | <p><b><u>Tuesday 13<sup>th</sup></u></b><br/>1.30 Open. Mindfulness art. 2.30 The fastest word searcher in Guildford! 4.30 Close.</p>   | <p><b><u>Thursday 15<sup>th</sup></u></b><br/>9.30 Open. Mindfulness art. 10.00 Let's stretch. 11.00 Alphabet quiz. 12 Noon Lunch</p>                | <p><b><u>Friday 16<sup>th</sup></u></b><br/>9.30 Open. Mindfulness art. 10.00 Movin' and groovin' followed by mindfulness. 11.00 Jess's Choice. 12 Noon Lunch.</p>    |
| <p><b><u>Monday 19<sup>th</sup></u></b><br/>9.30 Open. Mindfulness art. 10.00 Seated exercise. 11.00 Sport quiz. 12 Noon Lunch. 12.30-2.45 Head massage with Susan. 1.00 Conversation starters.</p> | <p><b><u>Tuesday 20<sup>th</sup></u></b><br/>1.30 Open. Mindfulness art. Craft with Jess and Emma. 4.30 Close.</p>  | <p><b><u>Thursday 22<sup>nd</sup></u></b><br/>9.30 Open. Mindfulness art. 10.00 Jump n' Jive! 11.00 Musical bingo. 12 Noon Lunch.</p>                | <p><b><u>Friday 23<sup>rd</sup></u></b><br/>9.30 Open. Mindfulness art. 10.00 Gangman style followed by mindfulness. 11.00 General knowledge quiz. 12 Noon Lunch.</p> |
| <p><b><u>Sunday 25<sup>th</sup></u></b><br/>Canterbury Sunday at The Keep. Sign up required.</p> <hr/> <p><b><u>Monday 26<sup>th</sup> CLOSED due to Christ Church kids club</u></b></p>            | <p><b><u>Tuesday 27<sup>th</sup> CLOSED due to Christ Church kids club</u></b></p>  | <p><b><u>Thursday 29<sup>th</sup></u></b><br/>Picnic at The Cathedral. Sign up required.</p>   | <p><b><u>Friday 30<sup>th</sup></u></b><br/>BBQ in Effingham. Sign up required.</p>   |