Autumn Activities

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BH	9.45-10.45 Gentle Pilates		* **10.15-11.15 Chair Yoga**	9.30-10.30 Anna's Yoga	* **10.30 - 11.30 Chair Yoga**	
S			10.00-13.00 Art Group	10.00- 12.00 Ukrainian 50+***/ 10.30-12.30 UA Computer Group **		
Cafe				* **11-1.30 Knit & Natter**		
BH	11.30-12.30 Chair Pilates	**Tuesday Club** 11.00- 13.00 Bakehouse **FREE by Referral** D	* **Belly Dancing** 11.30 - 12.45 Bakehouse **£5.00**	**Joyful Voices Choir** 11.00 - 13.00 Bakehouse **FREE by Referral** D	*	* **10.30-12.30 Move with Ease**
S						13.00 - 14.00 Seedling Chinese
Cafe						
BH			14.00- 15.30 Art History	**AE Dance Collective** 14.00 - 15.30 Bakehouse **FREE by Referral** D		
S	* **Rhyme Time** 14.00-14.45 Studio **FREE under 5's**	13.00-14.30 Art with Mor	14..00- 15.30 Reader Club	*	**15.30-16.30 *Code Kids**	15.00 - 15.30 Seedling Chines
Cafe					16.00 Young Scrabble	
BH	***Chess for All Ages** 15.30-16.30 Studio **£4.00**	19.30-21.15 Bump & Bab	18.00-20.15 Tai Chi	* **17.00 -18.30 *BCT - Youth / 19.30 - 21.30* BCT Adults**		

D **Creative Dementia Programme -For people living with dementia & their carer BY REFFERAL ONLY**

* **Acivities with an asterisk open to the public, just come along on the day and sign up**

Games & Puzzles in the Cafe all week