



Summer Dates

22nd July – 26th July 2019

Monday 22nd July

Walking Group 10am-12pm
Seated Yoga 10.30-11.30am
Mindfulness Meditation 11.30am-12.30pm
Invisible Illness Group 1-3pm
Men's Shed 1-3pm
Job Club 2-4pm
Hub Café Open

Tuesday 23rd July

Money & Me 10am-3pm
Ukulele Improvers 10am-12pm
Sewing Bee 10am-12pm
Doing Diabetes Better 2-4pm
Adventure Play 4-6pm
Hub Café Open

Wednesday 24th July

Gardening Club 9.30-11.30am
Domino Club 10am-12pm
Cathryn's Summer Special 10am-2pm
Wild West Lunch 12 noon
Ukulele Beginners 1.15-4.15pm
Brandon Trust Job Club 11am-1pm
Excel Spreadsheets 1.30-3.30pm
Carers' Group 2-4pm
Hub Café Open

Thursday 25th July

Stitching Time 10am-3pm
Feet, Food & Friendship 10am-2pm
Community Lunch (Seaside Special)
12-1pm
Birdwings Yoga 6-7pm, 7.15-8.15pm
Money Advice 1-3pm
Hub Café Open

Friday 26th July

Birdwings Yoga 9.30-10.30am
Hub Café Closed

All other courses will not run this week.

Shutdown dates:

Last day open: Friday 26th July
Closed: 27th July—11th Aug
First day back: Mon 12th Aug

