## Our Timetable for this week

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	Mon Tue Wed Thu Fri Set Sun	Man Tue Wed The Fri Set Sun	Man Tue Wee The Fri Ser Sun	Mon Tue Wed Thu Fri Sot Sun	Mon Tile West Tile Fri Cast Dun
	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-	Rise and Shine Social	Rise and Shine Social	Rise and Shine Social	Rise and Shine Social	Rise and Shine Social
9:50	51/2	21/2	340	31/2	ste
	Q	Q	q	q	q
10:00-	Drama	Dance	Art with Emma	Advocacy	Jobs Club
10:45				People 1st	
11:00-	Free for you to	Zumba (with Saran)	Operation Transformation	Choir (with David)	Lámh
11:45	do your own activity	3 ZVMBA	Control of the state of the sta	Jul G to G	Lámh
		fitness	185FORMA	are serif	
12:00-	Yoga	Sports	Sports	Sports	Karate (with Martin)
12:45					
13.00-	Cooking	Story Corner	Book Club	Relaxation with OT	Friday Mini Disco
13.45	- COOKING -				

14:00- 14:45	Quiz	SONAS	Gardening Group	Earth Day Quiz	Free for you to do your own activity
18:00- 18:45		Evening Exercise with Paul		Evening Exercise with Paul	