

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Creative Minds 10am-11.30am	Community Support Drop in 11am-12.30pm	Community Themed Group 11am-12.30pm	
Afternoon			Walking Group 2pm-3pm *weather permitting	Quiz 2pm-3pm	

Please note: In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. If you need support or information or you are struggling to cope, please feel free to attend or call our centre during our opening times and a member of staff will be happy to provide assistance when they are available. **Please remember we are closed on Bank Holidays*