









MONDAY

	9:30am	Getting to know you /Lámh
	10:30am	Stay Active
	11:30am	Men's and Ladies Sheds
	12:30pm	Healthy Lunch
	2:00pm	Yoga
	3:00pm	Story Telling
	6:30pm	Virtual Tour









Tuesday

	9:30am	Getting to know you
	10:30am	Stay Active
	11:30	Get Growing
	12:30pm	Get Moving
	2:00pm	Money Management
	3:00pm	Social Farming
	6:30pm	Quiz Night











Wednesday

	9:30am	Getting to know you & Lámh
	10:30am	Stay Active
	11:30am	Get Creative with Veronika
	12:30pm	Healthy Lunch
	2:00	Zumba
	6:30pm	Movie Night











Thursday

	10:00am	Getting to know you -Lámh
	10:30am	Stay Active
	11:30am	Employment support
	12:30pm	Stay Informed about Covid-19
	2:00pm	Bokwa
	3:00pm	Audio Book Club
	6:30pm	Bingo
	7:30pm	Golden Ballz



Friday

	10:00am	Getting to know you and Lámh
	10:30am	Stay Active
	11:00am	Pastoral Care
	11:30am	Tech Corner
	12:30pm	Healthy Lunch
	2:00pm	Yoga
	3:00pm	Singalong
	6:30pm	Friday Disco