





Monday







	9:30am	Getting to know you /Lámh (All)
	10:30am	Stay Active - Bokwa
	11:30am	Mindfulness -
	2:00pm	Money Management

Tuesday


	9:30am	Getting to know you
	10:30am	Stay Active
	11:30am	Get Growing
	2:00am	Social Farming

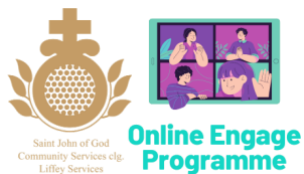


Wednesday

	9:30am	Getting to know you
	10:30am	Yoga
	11:30am	Get Creative
	12:00am	Rights
	2:00pm	Zumba
	2:30pm	Quiz

Thursday

	09:30am	Getting to know you -Lámh
	10:30am	Stay Active
	11:30am	Sports Corner
	2:00pm	Dance
	2:30pm 3:00pm	Book Club Bingo



Friday

	09:30am	Getting to know you
	10:30am	Stay Active
	11:00am	Pastoral Care
	11:30am	Tech Corner
	2:00pm	Singalong
	6:30pm	Friday Disco