



Autumn programme
starting
Monday 16th Sept

Day	11 AM	2 PM
Monday	Flower arranging Believe in yourself	Pottery / Crafts Creative Writing
Tuesday	Yoga Gift crafts Essential skills	Art Walking Happiness group
Wednesday	Crochet Furniture recycling Cooking on a budget	Crafts Good company
Thursday	Wood burning Brain training Dance	Keep fit Inspiring friends Reading room Beauty
Friday	Meditation Caring for Carers	E learning Hobby class



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