

## Programme of Activities

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am-10am		Weight Watchers	Jo-Jingles				
10am-11am		Citizens Advice ----- Weight Watchers	Jo-Jingles	Housing Executive			
11am-12pm		Citizens Advice	Jo-Jingles	Housing Executive			
12pm-1pm		Citizens Advice					
1pm-2pm		Citizens Advice					
2pm-3pm		Citizens Advice ----- Senior Citizens Club	Ballet ----- Fibromyalgia – last Wednesday of the Month				
3pm-4pm	Squiggles and Giggles	Citizens Advice ----- Senior Citizens Club	Ballet				
4pm-5pm							
5pm-6pm							
6pm-7pm							
7pm-8pm		Yoga	Peak Performance – 1 <sup>st</sup> Wednesday of the Month				
8pm-9pm		Yoga	Peak Performance – 1 <sup>st</sup> Wednesday of the Month				
9pm-10pm			Peak Performance – 1 <sup>st</sup>				

			Wednesday of the Month				
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