

The Lade Centre

Activities

August and September 2018

Daily	10.00 - 4.00 Welcome to our daily Drop in and enjoy a cup of tea or coffee in good company	
	Morning	Afternoon
Monday	10.30 - 11.30 Tai Chi for Health Start 20 th Aug 10.30 - 12.30 Handycrafts	2.00 - 3.00 Musica Nostalgia Sing along to your favourite old time classics
Tuesday		2.00 - 4.00 Drop in to see the Macmillan nurse 1.00 - 3.00 Craft group starting 4 th September
Wednesday		
Thursday	10.30 - 12.00 Boccia First Thursday of the month	1.00 - 3.00 Writer's Group 2.00 - 4.00 Drop in to see the Macmillan nurse Beauty Therapy (Term Time)
Friday	10.30 - 12.00 Men's Drop-in	1.00- 2.45 last Friday of the month Stepping Stones Support Group for people with long term conditions
Saturday/Sunday	closed	