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|  | **March 2023**  **Headway Wearside** | | | **For further information contact office/ Kim**  **0191 522 7113/07830346985** | | | |
| **Monday** | **Tuesday** | **Wednesday** | | **Thurs**  **day** | **Friday** |
| **AM** | 27th Feb  VIP Exercise  Pallion,Centre for the Blind  Time 11 am | **28th Feb**  **Cooking session with Dan at Beacon of light**  **1015- 1.30** | 1st  **Easyline exercise with Sarah at Headway Wearside 11 – 12.15 pm**  **12.15 – 2 pm Warm Wednesday**  **join us for games/crafts** | | 2nd  ACE Exercise Group with ASHA and  Social afternoon  1-3 pm  Headway | 3rd  Look  Ahead  In the  North |
| **Pm** |
|  |  |  |  | |  |  |
| **A.M** | 6th  VIP Exercise –  Pallion, Centre for the Blind  Time 11 am  No lunch club today | **7th** | 8th  **Easyline exercise with Sarah**  **at Headway 11-12 .15**  **12.15 – 2 pm Warm Wednesday**  **join us for games/crafts** | | 9th  ACE Exercise Group with ASHA  1.15-3 pm  Headway | 10th |
| **PM** |
|  |  |  |  | |  |  |
| **A.M** | 13rd  VIP Exercise – Pallion,  Centre for the Blind  Time 11.00 am | 14th | 15  **Easyline exercise with Sarah**  **at Headway 11-12 .15**  **12.15 – 2 pm Warm Wednesday**  **join us for games/crafts** | | 16th  ACE Exercise Group with ASHA  1.15 -3 pm  Headway | 17th |
| **pm** |
|  |  |  |  | |  |  |
| **AM** | 20th  VIP Exercise – Pallion. Centre for the Blind  Time 11.00 am  Lunch club Mickeys Place 1pm | 21st | 22nd  **Easyline exercise with Sarah**  **At Headway 11- 12.15**  **12.15 – 2 pm Warm Wednesday**  **join us for games/crafts** | | 23nd  ACE Exercise Group with ASHA  1.15-3 pm  Headway | 24th |
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Please confirm if you wish to attend any classes or sessions. - Many Thanks