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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 FebVIP Exercise Pallion,Centre for the BlindTime 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** | 2ndACE Exercise Group with ASHA and Social afternoon 1-3 pmHeadway | 3rdLook Ahead In the North  |
| **Pm**  |
|  |  |  |  |  |  |
| **A.M** | 6thVIP Exercise – Pallion, Centre for the BlindTime 11 amNo 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** | 9thACE Exercise Group with ASHA 1.15-3 pmHeadway | 10th |
| **PM** |
|  |  |  |  |  |  |
| **A.M** | 13rd VIP Exercise – Pallion,Centre for the BlindTime 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** | 16thACE Exercise Group with ASHA 1.15 -3 pmHeadway | 17th |
| **pm** |
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| **AM** | 20thVIP Exercise – Pallion. Centre for the BlindTime 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** | 23ndACE Exercise Group with ASHA 1.15-3 pmHeadway | 24th  |
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 Please confirm if you wish to attend any classes or sessions. - Many Thanks