|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **September 2022**  **Headway Wearside** | | **For further information contact office/ Kim 0191 522 7113/07830346985**  **Please confirm if you are attending activity sessions** | | | | |
| **Monday** | **Tuesday** | | **Wednesday** | **Thursday** | **Friday** |
| **AM** | 5th | **6th City Space Gym**  **Request a place** | | 7th  Easy line GYM class  With Sarah  Main Hall 12 noon 5 week course. | 8th | 9th |
| **Pm** | 12.30  Lunch Club – Washington |  | |
|  |  |  | |  |  |  |
| **A.M** | 12th | 13th **City Space Gym**  **Request a place** | | 14th  **Massage day with Klaire**  **Please book your place**.  Easy Line Gym Class 12 Noon | 15th  Afternoon social  1-3 pm | 16th |
| **PM** |  |  | |
|  |  |  | |  |  |  |
| **A.M** | 19th | 20th **City Space Gym**  **Request a place** | | 21st Massage day  with Klaire 10 – 2.30pm  Please book your place  Easy Line Gym Class 12 Noon  [NEW GROUP ] A19 Seaham  Contact office for details | 22nd | 23rd |
| **pm** | 12.30pm  Lunch club Washington |  | |
|  |  |  | |  |  |  |
| **AM** | 26th | 27th **City Space, Gym**  **Request a place** | | 28 | 29th  Lunch Time Social  Pie and Peas – lunch 11.30 – 2.30  Booking essential | 30th |
|  |  |  | |  |
|  |  |  | |  |  |  |

Please confirm if you wish to attend any classes or sessions. - Many Thanks