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|  | **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 daywith Klaire 10 – 2.30pmPlease book your placeEasy 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 SocialPie and Peas – lunch 11.30 – 2.30Booking essential | 30th  |
|  |  |  |  |
|  |  |  |  |  |  |

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