|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **February 2023**  **Headway Wearside** | | | **For further information contact office/ Kim**  **0191 522 7113/07830346985** | | | |
| **Monday** | **Tuesday** | **Wednesday** | | **Thurs**  **day** | **Friday** |
| **AM** | 30th Jan | **31stth**  **Cooking Course at Beacon of**  **Light , 10.30 - 1.30pm** | 1st  **Easyline exercise with Sarah at Headway Wearside 11 - 12pm** | | 2nd  ACE Exercise Group with ASHA and  Social afternoon  1-3 pm  Headway | 3rd |
| **Pm** |
|  |  |  |  | |  |  |
| **A.M** | 6th  VIP Exercise – Pallion,Centre for the Blind  Time 11 am  Lunch club Mickeys Place 1pm | **7th**  **Cooking Course at Beacon of**  **Light , 10.30 - 1.30pm** | 8th    **Building Closed** | | 9th  **Building Closed** | 10th |
| **PM** |
|  |  |  |  | |  |  |
| **A.M** | 13rd  VIP Exercise – Pallion,  Centre for the Blind  Time 11.00 am | 14th  **Cooking Course at Beacon of**  **Light , 10.30 - 1.30pm** | 15  **Easyline exercise with Sarah**  **at Headway 11-12 .15** | | 16th  ACE Exercise Group with ASHA and  Social afternoon  1-3 pm  Headway | 17th |
| **pm** |
|  |  |  |  | |  |  |
| **AM** | 20th  VIP Exercise – Pallion. Centre for the Blind  Time 11.00 am  Lunch club Mickeys Place 1pm | 21st  **Cooking Course at Beacon of**  **Light , 10.30 - 1.30pm** | 22nd  **Easyline exercise with Sarah**  **At Headway 11- 12.15** | | 23nd  ACE Exercise Group with ASHA and  Social afternoon  1-3 pm  Headway | 24th |
|  |
|  |  |  |  | |  |  |

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