|  |  |  |
| --- | --- | --- |
|  | **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** | 2ndACE Exercise Group with ASHA and Social afternoon 1-3 pmHeadway | 3rd |
| **Pm**  |
|  |  |  |  |  |  |
| **A.M** | 6thVIP Exercise – Pallion,Centre for the BlindTime 11 amLunch 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 BlindTime 11.00 am | 14th**Cooking Course at Beacon of**  **Light , 10.30 - 1.30pm** | 15**Easyline exercise with Sarah****at Headway 11-12 .15** | 16thACE Exercise Group with ASHA and Social afternoon 1-3 pmHeadway | 17th |
| **pm** |
|  |  |  |  |  |  |
| **AM** | 20thVIP Exercise – Pallion. Centre for the BlindTime 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** | 23ndACE Exercise Group with ASHA and Social afternoon 1-3 pmHeadway | 24th  |
|  |
|  |  |  |  |  |  |

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