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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **November 2022**  **Headway Wearside** | | **For further information contact office/ Kim 0191 522 7113/07830346985**  **Please confirm if you are attending activity sessions** | | | | |
| **Monday** | **Tuesday** | | **Wednesday** | **Thurs**  **day** | **Friday** |
| **AM** | 31st | **1st City Space Gym Request a place** | | 2nd Easy line GYM class, With Sarah ,  Main Hall, 11 am  **Warm Spaces** Wednesday 12.15-2.15 [For all]  A19 Seaham Group Contact office for details | 3rd | 4th |
| **Pm** | 12.30  Lunch Club – Washington | **Cooking Session 12.30 – 2.30**  **With Jaynie** | |
|  |  |  | |  |  |  |
| **A.M** | 7th | 8th **City Space Gym, Request a place** | | 9th .Easy Line Gym Class With Sarah, Main Hall 11am  **Warm Spaces Wednesday** 12.15-2.15 [For all] | 10th | 11th |
| **PM** |  | **Cooking Session 12.45 – 2.45 With Jaynie** | |
|  |  |  | |  |  |  |
| **A.M** | 14th | 15th **City Space Gym, Request a place** | | 16th  Easy Line Gym Class With Sarah Main Hall 11.am  **Warm Spaces Wednesday** 12.15-2.15 [For all]  A19 Seaham Group Contact office for details | 17th | 18th |
| **pm** | 12.30pm  Lunch club Washington | **Arts and Crafts With Jaynie**  **12.45 =2.45** | |
|  |  |  | |  |  |  |
| **AM** | 21st | 22nd **City Space, Gym, Request a place** | | 23rd  Easy Line Gym Class With Sarah Main Hall 11.am  **Warm Spaces Wednesday** 12.15-2.15 [For all]    Carers Rights Day with Charlotte | 24th | 25th |
|  |  | Arts and craft  **Session 12.45 – 2. 45**  **With Jaynie** | |  |
|  |  |  | |  |  |  |
|  | 28th | **29th City Space, Gym, Request a place** | | 30th Easy Line Gym Class With Sarah Main Hall 11.am  **Warm Spaces Wednesday** 12.15-2.15 [For all]  A19 Seaham Group Contact office for details |  |  |
|  | 12.30pm  Lunch club Washington | **Arts and Craft Session 12.45 – 2.45**  **With Jaynie** | |  |  |

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