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|  | **January 2023**  **Headway Wearside** | | | **For further information contact office/ Kim**  **0191 522 7113/07830346985** | | | |
| **Monday** | **Tuesday** | **Wednesday** | | **Thurs**  **day** | **Friday** |
| **AM** | 9th  Lunch club Mickeys Place 1pm | **10th**  **Cooking Course at Beacon of**  **Light , 10.30 - 1.30pm** | 11  **Easyline exercise with Sarah at Headway Wearside 11 - 12pm**  **Warm Wednesday – Social afternoon**  **12 – 2pm** | | 12  ACE Exercise Group with ASHA  1-3 pm  Headway | 13th |
| **Pm** |
|  |  |  |  | |  |  |
| **A.M** | 16th  VIP Exercise – Pallion  Time 11 am | **17th**  **Cooking Course at Beacon of**  **Light , 10.30 - 1.30pm** | 18th  **Easyline exercise with Sarah at Headway Wearside 11- 12 pm**  **Warm Wednesday – Social afternoon**  **12 – 2pm** | | 19th  ACE Exercise Group with ASHA  1-3 pm  Headway | 20th |
| **PM** |
|  |  |  |  | |  |  |
| **A.M** | 23rd  Lunch club Mickeys Place 1pm  VIP Exercise – Pallion  Time 11.00 am | 24th  **Cooking Course at Beacon of**  **Light , 10.30 - 1.30pm** | 25  **Easyline exercise with Sarah at Headway 11-12 .15**  **Warm Wednesday – Social afternoon**  **12 – 2pm** | | 26th  ACE Exercise Group with ASHA  1-3 pm  Headway | 27th |
| **pm** |
|  |  |  |  | |  |  |
| **AM** | 30th  VIP Exercise – Pallion  Time 11.00 am | 31st  **Cooking Course at Beacon of**  **Light , 10.30 - 1.30pm** | 1st  **Easyline exercise with Sarah 11- 12.00**  **Warm Wednesday – social afternoon**  **12 – 2pm** | | 2nd  ACE Exercise Group with ASHA  1-3 pm  Headway | 3rd |
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|  |  |  |  | |  |  |

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