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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** | 9thLunch 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**  | 12ACE Exercise Group with ASHA1-3 pmHeadway | 13th |
| **Pm**  |
|  |  |  |  |  |  |
| **A.M** | 16thVIP 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**  | 19thACE Exercise Group with ASHA1-3 pmHeadway | 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**  | 26thACE Exercise Group with ASHA1-3 pmHeadway | 27th |
| **pm** |
|  |  |  |  |  |  |
| **AM** | 30thVIP Exercise – PallionTime 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** | 2ndACE Exercise Group with ASHA1-3 pmHeadway | 3rd |
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 Please confirm if you wish to attend any classes or sessions. - Many Thanks