|  |  |  |
| --- | --- | --- |
|  | **June 2022**  **Headway Wearside** | **For further information contact office/ Kim 0191 522 7113/07830346985****Please confirm if you are attending activity sessions**  |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **AM** | 6th June  |  **7th City Space Gym** **11.30 start** **Request a place** | 8th Exercise with DEB 12.15 am bring your packed lunchMaking crispy cakes  | 9thAnnual General Meeting 12noon prompt startPlatinum Jubilee celebration with Light lunch, Activities and Sing along  | 10th |
| **Pm**  | 12.30 Lunch Club – Washington  |  |
|  |  |  |  |  |  |
| **A.M** | 13th | 14th **City Space Gym** **11.30 start** **Request a place** | 15thExercise with DEB 12.15 am Afternoon Social 1-3 bring your packed lunch  | 16th   | 17th |
| **PM** | 12.30 Lunch Club – Washington  |  |
|  |  |  |  |  |  |
| **A.M** | 20th | 21st **City Space Gym** **11.30 start** **Request a place** | 22ndExercise with DEB 12.15 am  | 23rdth Social outing for all To be confirmed, please contact the office for further details  | 24th |
| **pm** |  12.30pm Lunch club Washington  |  |
|  |  |  |  |  |  |
| **AM** | 27th | 28th **City Space, Gym** **11.30 start** **Request a place** | 29Exercise with DEB 12.15 am Afternoon Social 1-3 bring your packed lunch  | 30 th   | 27 |
|  | Lunch Club – Washington  |  |  |
|  |  |  |  |  |  |
| **A.m** |  |  | 1st  | 2nd  | 3rd  |
| **PM** |  |  |  |
|  |  |  |  |  |  |