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|  | **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 lunch  Making crispy cakes | 9th  Annual General Meeting  12noon prompt start  Platinum 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** | | 15th  Exercise 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** | | 22nd  Exercise 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** | | 29  Exercise 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** |  |  |  | |
|  |  |  | |  |  |  | |