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|  | **September 2017 - Headway Wearside** | **For further information contact Kim 0191 522 7113**  |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **A.M** | Bank Holiday  | 29th Sport, Exercise, Activityat Sunderland University  10- 12 noon | 30th | 31st Walking Football City Space, Sunderland University  10.30 am -12 noon | 4th  |
| **PM** |   | Social afternoon 12.30 Bring your own packed lunch |  |  |
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| **A.M** | 4th Volunteer GardeningST Mary and St Peters Community Project 10 am  | 5th Sport, Exercise, Activity Sunderland University10- 12 noon | 6th CABISwith charlotte  | 7th Walking FootballCity Space, Sunderland University10.30 am -12 noon | 11th |
| **PM** |  Bowling Club1-2.30 pm  |  | Relaxation with Klaire 1-30 – 3 pm  |  |  |
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| **A.M** |  11th Volunteer GardeningST Mary and St Peters Community Project 10 am  |  12h Sport, Exercise, ActivitySunderland University10- 12 noon | *13thh* *.* | 14th Walking FootballCity Space, Sunderland University10.30 am -12 noon | 15th  |
| **PM** | Bowling Club1-2.30 pm | YOUR ARTStone Pictures with Deborah | *Ladies Group**Indian Meal Bombay Barn- Concord 6pm* |  |  |
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| **A.M** | 18th  Volunteer GardeningST Mary and St Peters Community Project 10 am | 19th Sport, Exercise, Activity@ Sunderland Uni10- 12 noon | 20th CABIS Peer Support with charlotte | 21st Walking FootballCity Space, Sunderland University10.00 am -12 noon | 22ndVestibular Support Group10 am start |
| **PM** | Bowling club 1-2.30 |  |  YOUR ART Discovery Museum 10 – 2pm  |   |  |
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|  | 25th Volunteer GardeningST Mary and St Peters Community Project 10 am | 26th Sport, Exercise, Activity @ Sunderland Uni  10- 12 noon | 27th | 28th Walking Football City Space, Sunderland University 10.00 am -12 noon | 29th  |
|  | Bowling Club 1-2.30 pm  | Social afternoon - bring your own packed lunch 12.30 | Ladies GroupPamper SessionWashington 12 – 2 pm | Social EveningHastings Hill Pub 4 pmPurchase your own meal and socialise with friends |  |