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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **October 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** | 3rd | **4th City Space Gym**  **Request a place** | | 5th  Easy line GYM class  With Sarah  Main Hall 12 noon 5 week course.  NEW GROUP ] A19 Seaham  Contact office for details | 6th | 7th |
| **Pm** | 12.30  Lunch Club – Washington |  | |
|  |  |  | |  |  |  |
| **A.M** | 10th | 11th **City Space Gym**  **Request a place** | | 12th  .Easy Line Gym Class  With Sarah | 13th | 14th |
| **PM** |  | **Cooking Session 12.30 – 2.30**  **With Jaynie** | |
|  |  |  | |  |  |  |
| **A.M** | 17th | 18th **City Space Gym**  **Request a place** | | 19th  Easy Line Gym Class  With Sarah  [NEW GROUP ] A19 Seaham  Contact office for details | 20nd | 21st |
| **pm** | 12.30pm  Lunch club Washington | **Cooking Session 12.30 – 2.30**  **With Jaynie** | |
|  |  |  | |  |  |  |
| **AM** | 24th | 25th **City Space, Gym**  **Request a place** | | 26th | 27th | 28th |
|  |  | **Archery 12.45 at**  **Adventure Sunderland SR6 0PW**  Places are limited and must be reserved | |  |
|  |  |  | |  |  |  |

October 31st lunch club at mickeys place 12.30 pm – please book your place.

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