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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