

DAY	TIME	ACTIVITY	LOCATION
<b>Monday</b>	10am-3pm	Community Cafe	ASKI London Road AFI/Sophie
	10am- 11am	Line Dance	Hazelmere Hall Maria
<b>Tuesday</b>	10am- 3pm	Community Cafe	ASKI London Road AFI
	11am-12pm	Pilates	London Road Suzelle
	10am- 12pm	Knitting/Cross Stitching Class	ASKI Brigstock Road Kirti
	12.00-2PM	Jewellery Making	ASKI Brigstock Road Marie
<b>Wednesday</b>	10am- 1.pm	Sewing Class	ASKI Brigstock Road Amanda
	11am-12pm	Pilates	London Road Suzelle
<b>Thursday</b>	10am- 3pm	Community Café	ASKI Brigstock Road AFI
	10am- 12pm	Art Therapy Session	ASKI Brigstock/Marie
	11am-12pm	Mindfulness Session	London Road Ali
	12pm – 3pm	Board Games	ASKI London Road Joseph
<b>Friday</b>	10am- 12pm	Sewing Class	ASKI Brigstock Road Amanda
	10am- 11am	Zumba Class	ASKI London Road Maria
	11am- 12pm	Seated Exercise Class	ASKI London Road Suzelle
<b>Saturday</b>	10am- 3pm	Community Café	ASKI London Road Afi +Staff
	- 10am 11am	Zumba Class	ASKI London Road Maria

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