

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6th November</p> <p>Peace of Mind Drama 11am-1pm</p> <p>Mindfulness 1.30pm-3.30pm</p>	<p>7th November</p> <p>Men's Group 11am-1pm</p> <p>Young People 1pm-3pm</p>	<p>8th November</p> <p>Hub Day! 10am – 4pm</p> <p>10-11.30 Compassionate Chat 11.30am Chair exercise 2pm Walking</p>	<p>9th November</p> <p>Equine Therapy 9am-12pm</p> <p>Art Group 12pm-3pm</p>	<p>10th November</p> <p>Woman's Group 12.30pm-2.30pm</p> <p>Singing Group 2.30pm-3.30pm</p>	<p>11th November</p> <p>Hub Day! 10am – 4pm</p> <p>PM Wellbeing / Singing</p>
<p>13th November</p> <p>Peace of Mind Drama 11am-1pm</p> <p>Mindfulness 1.30pm-3.30pm</p>	<p>14th November</p> <p>Men's Group 11am-1pm</p> <p>Young People 1pm-3pm</p>	<p>15th November</p> <p>Hub Day! 10am – 4pm</p> <p>11.30am Chair exercise 2pm Walking</p>	<p>16th November</p> <p>Equine Therapy 9am-12pm</p> <p>Art Group 12pm-3pm</p>	<p>17th November</p> <p>Woman's Group 12.30pm-2.30pm</p> <p>Singing Group 2.30pm-3.30pm</p>	<p>18th November</p> <p>Hub Day! 10am – 4pm</p> <p>PM Wellbeing / Singing</p>
<p>20th November</p> <p>Peace of Mind Drama 11am-1pm</p>	<p>21st November</p> <p>Men's Group 11am-1pm</p> <p>Young People 1pm-3pm</p>	<p>22nd November</p> <p>Hub Day! 10am – 4pm</p> <p>10-11.30 Compassionate Chat 11.30am Chair exercise 2pm Walking</p>	<p>23rd November</p> <p>Equine Therapy 9am-12pm</p> <p>Art Group 12pm-3pm</p>	<p>24th November</p> <p>Woman's Group 12.30pm-2.30pm</p> <p>Singing Group 2.30pm-3.30pm</p>	<p>25th November</p> <p>Hub Day! 10am – 4pm</p> <p>PM Wellbeing / Singing</p>
<p>27th November</p> <p>Peace of Mind Drama 11am-1pm</p> <p>Mindfulness 1.30pm-3.30pm</p>	<p>28th November</p> <p>Men's Group 11am-1pm</p> <p>Young People 1pm-3pm</p>	<p>29th November</p> <p>Hub Day! 10am – 4pm</p> <p>11.30am Chair exercise 2pm Walking</p>	<p>30th November</p> <p>Equine Therapy 9am-12pm</p> <p>Art Group 12pm-3pm</p>	<p>1st December</p> <p>Woman's Group 12.30pm-2.30pm</p> <p>Singing Group 2.30pm-3.30pm</p>	<p>2nd December</p> <p>Hub Day! 10am – 4pm</p> <p>PM Wellbeing / Singing</p>