

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2nd October Peace of Mind Drama 11am-1pm</p> <p>Mindfulness 1.30pm-3.30pm</p>	<p>3rd October Men's Group 11am-1pm</p> <p>Young People 1pm-3pm</p>	<p>4th October Hub Day! 10am – 4pm</p> <p>11.30am Chair exercise 2pm Walking</p>	<p>5th October Equine Therapy 9am-12pm</p> <p>Art Group 12pm-3pm</p>	<p>6th October Woman's Group 12.30pm-2.30pm</p> <p>Singing Group 2.30pm-3.30pm</p>	<p>7th October</p> <p>Hub Day! 10am – 4pm PM Wellbeing / Singing</p>
<p>9th October Peace of Mind Drama 11am-1pm</p> <p>Mindfulness 1.30pm-3.30pm</p>	<p>10th October Men's Group 11am-1pm</p> <p>Young People 1pm-3pm</p>	<p>11th October Hub Day! 10am – 4pm</p> <p>10-11.30 Compassionate Chat 11.30am Chair exercise 2pm Walking</p>	<p>12th October Equine Therapy 9am-12pm</p> <p>Art Group 12pm-3pm</p>	<p>13th October Woman's Group 12.30pm-2.30pm</p> <p>Singing Group 2.30pm-3.30pm</p>	<p>14th October</p> <p>Hub Day! 10am – 4pm PM Wellbeing / Singing</p>
<p>16th October Peace of Mind Drama 11am-1pm</p>	<p>17th October Men's Group 11am-1pm</p> <p>Young People 1pm-3pm</p>	<p>18th October Hub Day! 10am – 4pm</p> <p>11.30am Chair exercise 2pm Walking</p>	<p>19th October Equine Therapy 9am-12pm</p> <p>Art Group 12pm-3pm</p>	<p>20th October Woman's Group 12.30pm-2.30pm</p> <p>Singing Group 2.30pm-3.30pm</p>	<p>21st October</p> <p>Hub Day! 10am – 4pm PM Wellbeing / Singing</p>
<p>23rd October Peace of Mind Drama 11am-1pm</p> <p>Mindfulness 1.30pm-3.30pm</p>	<p>24th October Men's Group 11am-1pm</p> <p>Young People 1pm-3pm</p>	<p>25th October Hub Day! 10am – 4pm</p> <p>10-11.30 Compassionate Chat 11.30am Chair exercise 2pm Walking</p>	<p>26th October Equine Therapy 9am-12pm</p> <p>Art Group 12pm-3pm</p>	<p>27th October Woman's Group 12.30pm-2.30pm</p> <p>Singing Group 2.30pm-3.30pm</p>	<p>28th October</p> <p>Hub Day! 10am – 4pm PM Wellbeing / Singing</p>
<p>30th October Peace of Mind Drama 11am-1pm</p> <p>Mindfulness 1.30pm-3.30pm</p>	<p>31st October Men's Group 11am-1pm</p> <p>Young People 1pm-3pm</p>	<p>1st November Hub Day! 10am – 4pm</p> <p>11.30am Chair exercise 2pm Walking</p>	<p>2nd November Equine Therapy 9am-12pm</p> <p>Art Group 12pm-3pm</p>	<p>3rd November Woman's Group 12.30pm-2.30pm</p> <p>Singing Group 2.30pm-3.30pm</p>	<p>4th November</p> <p>Hub Day! 10am – 4pm PM Wellbeing / Singing</p>