

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>Hub Day!</b> 10am – 4pm</p> <p>11.30am Chair exercise 2pm Walking</p>			<p><b>Hub Day!</b> 10am – 4pm</p> <p>PM Wellbeing / Singing</p>
<p><b>11<sup>th</sup> September</b></p> <p><b>Peace of Mind Drama</b> 11am-1pm</p>	<p><b>12<sup>th</sup> September</b></p> <p><b>Men's Group</b> 11am-1pm</p> <p><b>Young People</b> 1pm-3pm</p>	<p><b>13<sup>th</sup> September</b></p> <p><b>Hub Day!</b> 10am – 4pm</p> <p>10-11.30 Compassionate Chat</p> <p>11.30am Chair exercise 2pm Walking</p>	<p><b>14<sup>th</sup> September</b></p> <p><b>Equine Therapy</b> 9am-12pm</p> <p><b>Art Group</b> 12pm-3pm</p>	<p><b>15<sup>th</sup> September</b></p> <p><b>Woman's Group</b> 12.30pm-2.30pm</p> <p><b>Singing Group</b> 2.30pm-3.30pm</p>	<p><b>16<sup>th</sup> September</b></p> <p><b>Hub Day!</b> 10am – 4pm</p> <p>PM Wellbeing / Singing</p>
<p><b>18<sup>th</sup> September</b></p> <p><b>Peace of Mind Drama</b> 11am-1pm</p> <p><b>Mindfulness</b> 1.30pm-3.30pm</p>	<p><b>19<sup>th</sup> September</b></p> <p><b>Men's Group</b> 11am-1pm</p> <p><b>Young People</b> 1pm-3pm</p>	<p><b>20<sup>th</sup> September</b></p> <p><b>Hub Day!</b> 10am – 4pm</p> <p>11.30am Chair exercise 2pm Walking</p>	<p><b>21<sup>st</sup> September</b></p> <p><b>Equine Therapy</b> 9am-12pm</p> <p><b>Art Group</b> 12pm-3pm</p>	<p><b>22<sup>nd</sup> September</b></p> <p><b>Woman's Group</b> 12.30pm-2.30pm</p> <p><b>Singing Group</b> 2.30pm-3.30pm</p>	<p><b>23<sup>rd</sup> September</b></p> <p><b>Hub Day!</b> 10am – 4pm</p> <p>PM Wellbeing / Singing</p>
<p><b>25<sup>th</sup> September</b></p> <p><b>Peace of Mind Drama</b> 11am-1pm</p> <p><b>Mindfulness</b> 1.30pm-3.30pm</p>	<p><b>26<sup>th</sup> September</b></p> <p><b>Men's Group</b> 11am-1pm</p> <p><b>Young People</b> 1pm-3pm</p>	<p><b>27<sup>th</sup> September</b></p> <p><b>Hub Day!</b> 10am – 4pm</p> <p>10-11.30 Compassionate Chat</p> <p>11.30am Chair exercise 2pm Walking</p>	<p><b>28<sup>th</sup> September</b></p> <p><b>Equine Therapy</b> 9am-12pm</p> <p><b>Art Group</b> 12pm-3pm</p>	<p><b>29<sup>th</sup> September</b></p> <p><b>Woman's Group</b> 12.30pm-2.30pm</p> <p><b>Singing Group</b> 2.30pm-3.30pm</p>	<p><b>30<sup>th</sup> September</b></p> <p><b>Hub Day!</b> 10am – 4pm</p> <p>PM Wellbeing / Singing</p>