

2018

Drop-in Thursdays – activities and sessions

All activities 6.45pm to 7.45pm

January

4th - New Year Resolutions / Change for life

11th – All about Space making Planets

18th – Name Tiles

25th – Film and Smoothies

February

1st – Sexual Health

8th - Pancakes

15th – Valentines Party

22nd- Poetry Night

March

1st – Picture Bingo

8th – Mental Health Awareness

March

15th – Film / Fake away

22nd – Spring Fling wear yellow

29th - All about Easter

April

5th April - Healthy Eating Fruit salad / Kebabs

12th April - Basic First Aid

19th April - Basic Exercise

26th April – 1st Year Birthday Drop in