Weekly Timetable

Bless Community Support

	Monday
	Memory Friendship Group
	1.00 PM – 3.30 PM
	Location: Upton
	Tuesday
	Tranquil Tuesday
	9.30 AM – 1.00 PM
	Location: Hemsworth
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	Stitch In Time
	1.00 PM – 3.30 PM
	Location: Upton
	Wednesday
	Crafty Companions
	12.30 PM – 2.30 PM
	Location: Hemsworth
	Thursday
	Afternoon Tea & Quiz
	1.30 PM – 3.30 PM
	Location: Upton
	Stitch In Time
	6.30 PM – 8.30 PM
	Location: Upton
	Friday
	Friday Meditation
	Meditation
	Meditation 9.30 AM – 11.00 AM
	Meditation 9.30 AM – 11.00 AM
	Meditation 9.30 AM – 11.00 AM Location: Hemsworth
	Meditation 9.30 AM – 11.00 AM Location: Hemsworth Stitch In Time
	Meditation 9.30 AM - 11.00 AM Location: Hemsworth Stitch In Time 10.30 AM - 12.30 PM Location: Hemsworth
	Meditation 9.30 AM - 11.00 AM Location: Hemsworth Stitch In Time 10.30 AM - 12.30 PM Location: Hemsworth Memory Friendship Group
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10.00 AM - 11.30 AM

Location: Upton