

Weekly Timetable

Bless Community Support

UPTON VENUE

Day	Activity	Time
Monday	Memory Friendship Group	1.00 PM – 3.30 PM
Tuesday	Stitch In Time	1.00 PM – 3.30 PM
Thursday	Afternoon Tea & Quiz	1.30 PM – 3.30 PM
Thursday	Stitch In Time	6.30 PM – 8.30 PM
Saturday	Little Buds	10.00 AM – 11.30 AM

HEMSWORTH VENUE

Day	Activity	Time
Tuesday	Tranquil Tuesday	9.30 AM – 1.00 PM
Wednesday	Crafty Companions	12.30 PM – 2.30 PM
Friday	Meditation	9.30 AM – 11.00 AM
Friday	Stitch In Time	10.30 AM – 12.30 PM
Friday	Memory Friendship Group	1.30 PM – 3.30 PM
Friday	Afternoon Tea & Quiz	1.30 PM – 3.30 PM