



# 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   |
|  Wednesday | Honor Me <b>NEW</b>     | 10.30 AM – 12.00 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              | 9.45 AM – 10.45 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   |

*Building connections. Supporting wellbeing. Growing together.*