

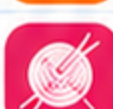


WEEKLY TIMETABLE

Bless Community Support

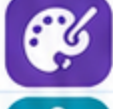
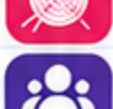
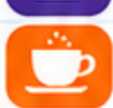


UPTON VENUE

DAY	ACTIVITY	TIME
 Monday	Memory Friendship Group	1.00 PM – 3.30 PM
 Tuesday	Stitch In Time	1.00 PM – 3.30 PM
 Wednesday	Honour Me NEW	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
 Saturday *	Men’s Maintenance & Allotment Group NEW	8.45 AM – 10.00 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	10.00 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

Building connections. Supporting wellbeing. Growing together.

* = 1st and 3rd Saturday