



May Programme 2022

<p><u>Canterbury Sunday on the 29th at The Keep . Sign up required.</u></p>	<p><u>Tuesday 3rd</u> 1.30 Open. Art and craft group. 4.30 Close.</p>	<p><u>Thursday 5th</u> 9.30 Open. Mindfulness art and word search. 11.00 My favourite things! 12 Noon Lunch.</p>	<p><u>Friday 6th</u> 9.30 Open. Mindfulness art. 10.00 That Friday feeling! 11.00 Alison's choice. 12 Noon Lunch.</p>
<p><u>Monday 9th</u> 9.30 Open. Mindfulness art. 10.00 Paula's people, dance moves. 11.00 Poetry with Paula. 12 Noon Lunch. 12.30-2.45 Head massage with Susan. 1.00 Games.</p>	<p><u>Tuesday 10th</u> 1.30pm Open. Art and craft group. 4.30 close.</p>	<p><u>Thursday 12th</u> 9.30 Open. Mindfulness art and word search. 11.00 Discussion group. 12 Noon Lunch.</p>	<p><u>Friday 13th</u> 9.30 Open. Mindfulness art. 10.00 Jump to it! 11.00 Emily sings and plays for us. 12 Noon Lunch</p>
<p><u>Monday 16th</u> 9.30 Open. Mindfulness art. 10.00 Monday morning wake up! 11.00 Maddy's choice. 12 Noon Lunch. 12.30-2.45 Head massage with Susan. 1.00 Games.</p>	<p><u>Tuesday 17th</u> 1.30 Open. Art and craft group. 4.30 close.</p>	<p><u>Thursday 19th</u> 9.30 Open. Mindfulness art and word search. 11.00 Healthy eating for the summer. 12 Noon Lunch</p>	<p><u>Friday 20th</u> 9.30 Open. 10.00 Sarah's side steps. 11.00 Pop quiz. 12 Noon Lunch.</p>
<p><u>Monday 23rd</u> 9.30 Open. 10.00 Maddy's magic! 11.00 Vanessa's quiz. 12 Noon Lunch. 12.30-2.45 Massage with Susan. 1.00 Games.</p>	<p><u>Tuesday 24th</u> 1.30 open. Art and craft group. 4.30 Close.</p>	<p><u>Thursday 26th</u> 9.30 Open. Mindfulness art and wordsearch. 11.00 I'm famous, who am I? 12 noon lunch.</p>	<p><u>Friday 27th</u> 9.30 Open. Mindfulness art. 11.00 Tim and Trev's tunes. 12 Noon lunch.</p> <p style="text-align: right;">PTO</p>



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<u>Monday 30th</u> 9.30 Open. Mindfulness art. 10.00 Seated exercise. 11.00 Bingo with Elaine. 12 Noon Lunch. 12.30-2.45 Head massage with Susan. 1.00 Games.	<u>Tuesday 31st</u> 1.30 Open. Art and craft group. 4.30 Close.	<u>We will have a stand in the Castle grounds on Saturday the 4th of June for the Jubilee celebrations. 12- 4pm. Bring your picnic and join us for an entertaining afternoon.</u>	
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