



March Programme 2024

<p><u>Canterbury Sunday is on the 31st of March, Easter Sunday. Easter bonnets welcome. 12.30pm at The Keep in Castle Street. Sign up required please.</u></p>	<p><u>Free soup and sandwich lunches on the 1st and the 4th. Free homemade soup on every day except Tuesdays in March</u></p>	<p><u>Easter themed outfits optional on Thursday the 28th.</u></p>	<p><u>Friday 1st</u> 9.30 Mindfulness art, wordsearch. 10.00 Gentle exercise. 11.00 Alison's choice. 12 Noon free soup and sandwich Lunch. 1pm Close.</p>
<p><u>Monday 4th</u> 9.30 Mindfulness art, word games. 10.00 Move and groove it! 11.00 Bingo with Elaine. 12 Noon Lunch. 12.30-2.45pm Massage with Susan. 1.00 Games. 3pm Close.</p>	<p><u>Tuesday 5th</u> 1.30 – 4.30pm Art and crafts.</p>	<p><u>Thursday 7th</u> 9.30 Mindfulness art, wordsearch. Board games. 11.00 Members choice. 12 Noon Lunch. 1pm Close.</p>	<p><u>Friday 8th</u> 9.30 Mindfulness art, wordsearch. 10.00 Jump to it! 11.00 Emily sings. 12 Noon Lunch. 1pm Close.</p>



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<p><u>Monday 11th</u> 9.30 Mindfulness art, wordsearch. 10.00 Exercise the Paula way. 11.00 Poetry with Paula. 12 Noon Lunch. 12,30-2.45 Massage with Susan. 1.00 Games. 3pm Close.</p>	<p><u>Tuesday 12th</u> 1.30 Open. Art and crafts. 4.30 close.</p>	<p><u>Thursday 14th</u> 9.30 Mindfulness art, wordsearch. Board games. 11.00 Members choice. 12 Noon Lunch. 1pm close.</p>	<p><u>Friday 15th</u> 9.30 Mindfulness art, wordsearch. 10.00 Move it and groove it. 10.30 Scrabble challenge. 12 Noon Lunch. 1pm close.</p>
<p><u>Monday 18th</u> 9.30 Mindfulness art. 10.00 Shake it out. 11.00 Mindfulness with Suzette. 12 Noon lunch. 12.30-2.45 Massage with Susan. 1pm Games. 3pm close.</p>	<p><u>Tuesday 19th</u> 1.30 Open. Art and crafts. 4.30 Close</p>	<p><u>Thursday 21st</u> 9.30 Mindfulness art, wordsearch. 11.00 Members choice. 12 noon lunch. 1pm close.</p>	<p><u>Friday 22nd</u> 9.30 Mindfulness art, wordsearch. 10.00 Dance and prance. 11.00 Tim serenades us. 12 Noon Lunch. 1pm close.</p>
<p><u>Monday 25th</u> 9.30 Mindfulness art. 11.00 Vanessa's quiz. 12 Noon lunch. 12.30-2.45 Massage with Susan. 1pm Games. 3pm Close.</p>	<p><u>Tuesday 26th</u> 1.30 Open. Art and crafts. 4.30 Close.</p>	<p><u>Thursday 28th</u> 9.30 Mindfulness art, wordsearch. 11.00 Members choice. 12 Noon Lunch. 1pm Close.</p>	<p><u>Friday 29th</u> Bank Holiday Good Friday-Closed</p>