

# WHATS ON IN JULY 2017

## WEEKLY\*

Mon 3rd/10th/17th/24th/31st	Carers Support Group	10.00am - 12.00pm
Wed 5th/12th/19th/26th	Camera Club	10.00am - 12.00pm

## FORTNIGHTLY\*

Tue 11th/25th	Memory Loss Group "New Generation"	11.00am - 12.30pm
Tue 11th/25th	Dementia Group "Amazing Memories"	2.00pm - 3.30pm
Tue 4th/18th	"All Can Sing" Singing Group	10.30am - 12.00pm
Tue 4th/18th	New Horizons Cancer Survivors Group	1.00pm - 3.00pm

## MONTHLY\*

Wed 5th	Evening Carers Support Group	6.30pm - 8.00pm
Thu 13th/27th	Arts, Crafts & Needlework Group	10.00am - 12.00pm
Thu 6th	Former Carers Support Group	10.30am - 12.00pm
Wed 12th	Caring Hearts Support Group	Appointment Only
Thu 13th	Parkinson's Support Group	1.30pm - 3.00pm
Fri 14th	Direct Payments Drop In for Carers	10.00am - 12.30pm
Fri 14th	Bingo Club	10.30am - 12.00pm
Tue 11th	Face2Face/Lifeworks Parent Carer Drop In	12.30pm - 2.30pm
Thu 20th	Brain Tumour Support Group	1.30pm - 3.30pm
Fri 21st	Fish and Chip Club	11.30am - 1.00pm
Tue 25th	Fibromyalgia Support Group	1.00pm - 3.00pm
Fri 28th	Legal Advice Clinic	Appointment Only

## WHAT'S NEW

Thu 6th	Coffee morning for Carers	10.00am - 12.00pm
Wed 12th	Stress Reduction & How to Relax for Carers	10.00am - 12.00pm
Wed 26th	Tia Chi for Beginners	10.30am - 11.30pm