

FOCUS SESSIONS

Monday

Women's Support group	10.15-12.30	Lodge speak to staff if you haven't been before
Men's Support group	1.30- 3.00	Lodge speak to staff if you haven't been before
Life Skills session	10.30-12.00	Lodge speak to staff if you haven't been before
Pool, Computers and new activities	10.30- 2.30	Royals
Pool, card making, lunch	1.30- 4.00	Albermarle

Tuesday

Art	12.00-2.00	Lodge
Music appreciation	2.00	Lodge 1st Tuesday of month

Wednesday

Craft/Games morning	10.30-12.30	Lodge
Afternoon activity	12.30 -3.30	Lodge see overleaf for details
Badminton	4.00- 6.30	meet Hornchurch sports centre Cost £3

Thursday

Life skills session	10.30-12.00	Lodge speak to staff if you haven't been before
Gardening and Environment project	10.30- 4.00	Lodge.

Friday

Women's group	10.30-12.30	Lodge.
Choir	12.30- 1.30	Lodge
Self discovery group	1.30- 3.30	Lodge
Pool, table tennis, food,	1.30- 4.00	Albermarle