**Open every Monday (except bank holidays) from 9:30 am –11:30 am**

**4th March – Equipment demo TBC.**

**11th March – Social Session.**

**18th March – Activity – Seated exercise.**

**25th March – Social session.**

**1st April – Bank Holiday.**

**8th April – Social Session.**

**15th April – Activity – Aromatherapy.**

**22nd April – Speaker guide dogs.**

**29th April – Equipment Demo TBC.**