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

**MAY**

**6th May Bank Holiday – CLOSED**

**13th May Speaker: Andrew Small (Nepal)**

**20th May Activity: Seated Exercise**

**27th May Bank Holiday – CLOSED**

**JUNE**

**3rd June Social Session**

**10th June Speaker: Voiceability (advocacy)**

**17th June Equipment Demonstration (TBC)**

**24th June Activity: Heathcote Holistics (meditation / Mindfulness)**