

Enhancing the lives of older people in our community

## What will you be doing next week?



| Day and time | Time                | Activity              |
|--------------|---------------------|-----------------------|
| Mondays      | 2.00 - 3.15 pm      | Singing group         |
| Tuesdays     | 10.00 - 10.45 am    | Seated keep fit       |
|              | 10.00 - 11.00 am    | Beginners' Spanish    |
|              | 11.15 am - 12.15 pm | Intermediate Spanish  |
|              | 2.00 - 3.00 pm      | Quiz                  |
| Wednesdays   | 1.30 - 2.30 pm      | Men's newspaper group |
| Thursdays    | 10.30 - 11.30 am    | Repair session        |
|              | 2.00 - 3.00 pm      | Bingo                 |
|              | 3.00 - 4.15 pm      | Singing group         |
| Fridays      | 10.30 - 11.15 am    | Knit and natter       |
|              | 12.30 - 1.30 pm     | Houseplant hospital   |
|              | 2.00 - 3.00 pm      | Sketch and chat       |



To find out more about joining LEAP's online activities visit www.leap-project.co.uk/spring-activities, or email Taylor McKeown at taylor@leap-project.co.uk

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