



Monday	10:00 - 13:00	Mind Matters based on the principles of cognitive stimulation therapy (CST)	Garden Room	Age UK West Sussex, Brighton & Hove
	10:15 - 11:00	Pilates	Activity Room	Amalia
	10:30 - 12:00	Spring Chickens Art Club	Café	Cara Barseghian - springchickensart@yahoo.com
	12:00 - 12:30	Lunch - served at 12 noon	Café	Age UK
	14:00 - 15:00	Spring Chickens Choir	Café	Cara Barseghian- springchickenschoir@yahoo.com
Tuesday	09:15 - 10:00	Chairobics	Activity Room	Vanesssa
	10:00 - 12:00	Knit and Natter	Café	Age UK
	10:00 - 15:00	Chiropodist	Therapy Room	Michelle - Call to make an appointment
	10:15 - 11:00	Chairobics	Activity Room	Vanessa
	11:45 - 12:30	Tai Chi	Activity Room	Kevin
	12:00 - 12:30	Lunch- served at 12 noon	Café	Age UK
Wednesday	13:00 - 13:45	Stretch & Tone	Activity Room	Rebecca
	10:00 - 15:00	Daybreak Respite-PRE BOOK ONLY	Activity Room	Age UK West Sussex, Brighton & Hove
	12:00 - 12:30	Lunch- served at 12 noon	Café	Age UK
Thursday	09:00 - 13:00	Hairdresser	Therapy Room	Jennie call 07565 345711
	10:00 - 12:00	Gardening Club	Lamb House Garden	Age UK
	10:30 - 11:30	Seated Exercises	Café	Ben from Nuffield Health
	10:30 - 12:00	Spring Chickens Art Club	Activity Room	Cara Barseghian- springchickensart@yahoo.com
	12:00 - 12:30	Lunch- served at 12 noon	Café	Age UK
	12:30 - 13:15	Chairobics	Garden room	Vanessa
	13:00 - 15:45	Reflexology, Massage or Reiki Healing	Therapy Room	Carly - Call to make an appointment
	14:00 - 14:45	Tai Chi	Activity Room	Kevin
Friday	10:00 - 13:30	Reflexology, Massage or Reiki Healing	Therapy Room	Carly - Call to make an appointment
	10:00 - 10:45	Chairobics	Activity room	Vanessa
	11:00 - 11:45	Chairobics	Activity room	Vanessa
	12:00 - 12:30	Lunch- served at 12 noon	Café	Age UK
	12:00 - 12:45	Stretch & Tone	Activity Room	Rebecca
	13:00 - 13:45	Step it up	Activity Room	Kevin