

Groups by session and Days of the week

Silver Screen- not included below as it occurs on a Sunday afternoon.

Natural history –dates vary according to the activity.

Sports Matters – dates vary according to the sport and activity

Make it, Mend it, Master It - dates vary

Out and About Together (OAT) – dates vary



Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 AM	Craft Group 10-12pm	Long Walks 10:00-13:00		Family History 10:15-11:45 Sustainable living 10:30 – 12:00	Yoga 8:45 – 10:15
Week 1 PM	Board Games 2-4pm Guitar Group 16:30 – 18:00	Music2move2Improve 13:30- 14:30	Cards 14:00—16:00	Rummikub 14:00-16:00	Computers 2:30 -400pm Nordic Walking 14:00
Week 2 AM	Writing for Fun 10:15 - 12:00	Strollers 10:00	Short walks 10:00am		Yoga 8:45 – 10:15 Coffee Morning 10:30 - 12:30 Art4All 11-13:00
Week 2 PM	Music Appreciation 6	Music2move2Improve 13:30- 14:30 Canasta 2-4pm	Cribbage 14:00—16:00 Handicrafts pm	Bridge 14:00-16:00 Thursty Tuesday 18:00-19:00	Hempton Activities Jan/March/May/July/Sept/November. Play reading 14:00-16:30
Week 3 AM		Medium Walks 10:00	Gardening 10:30-12:00		Yoga 8:45 – 10:15 Art History 10:45-12:30
Week 3 PM	French Conversation 14:30 Guitar Group 16:30 – 18:00	Music2move2Improve 13:30- 14:30 Kurling 15:00-17:00pm	Cards 14:00-16:00 Handicrafts pm	Speaker Meetings 14:30 – 16:30	History 14:30-16:00 2 nd Nordic Walking Group 14:00
Week 4 AM	Archeology and Geology 10:30m-12:00	Leisure Walks 10:00	Creative writing 10 – 12pm	Reading/ Book Club am	Yoga 8:45 – 10:15 Churches 10:30am French Beginners 10 am
Week 4 PM		Music2move2Improve 13:30- 14:30 Canasta 14 – 16:00 French Improvers pm	Cribbage 14:00-16:00 Knitting 2:15 – 3:45	Bridge 14:00-16:00 Reading?	Music Appreciation3 14:30-16:00

