

**PLEASE REMEMBER TO BOOK ONTO EACH SESSION THIS IS FOR STAFF  
TO PLAN SESSIONS EFFICIENTLY AND IS ALSO REQUIRED AS PART OF  
OUR FIRE REGULATIONS**

HOPE YOU HAVE ALL HAD A GOOD CHRISTMAS AND LOOKING FOR TO THE NEWYEAR

<b>Monday 5th</b> 10:30-12:30pm, TOG Hub	<b>Monday Makers</b> Stock check, photo frame TOG Shop 11am-12md	
<b>Tuesday 6th</b> 10:30am-3:30pm, TOG Hub	<b>Together Time</b> Wellbeing activities and gardening AM Julia Keep Fit / Pm Resolutions	
<b>Wednesday 7th</b> 6pm-8:30pm, TOG Hub	<b>Active Wednesday</b> <b>**NEW SESSION TAI CHI **</b>	
<b>Thursday 8th</b> 6pm-8:30pm, TOG Hub	<b>Social Thursday</b> <b>**CREATIVE WRITING ** IS BACK</b>	
<b>Friday 9th</b> 10:30-3:30, TOG Hub	<b>Foodie Friday</b> THEME ITALIAN FOOD	
<b>Saturday 10th</b> 11am-2:30pm, TOG Hub	<b>Creative Saturday</b> CERAMIC TEALIGHTS	
Contact numbers:	Office – 01625 520652 Yvonne – 07735869719 Libby - 07885812463 Kirsten – 07897791276 Emma - 07507728624	