


What's on July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	<p><u>Trickett House:</u> Wifi IT Café <i>@ 11am</i></p> <p><u>Thomas House:</u> Chair based exercises <i>@ 1.30pm-2.15pm</i></p>	<p><u>Trickett House:</u> Chair based exercises <i>@ 2.45pm-3.30pm</i></p>	<p><u>Griffiths Close:</u> Chair based exercise <i>@ 9:30am</i></p> <p><u>Norman House:</u> Chair based exercises <i>1.45pm-2.30pm</i></p>	6	7
8	<p><u>Thomas House:</u> Digital help <i>@ 3:30pm</i></p>	<p><u>Trickett House:</u> Digital Session <i>@ 11am</i></p> <p><u>Thomas House:</u> Chair based exercises <i>@ 1.30pm-2.15pm</i> Tenant Digital Champions Meeting <i>@ 3pm</i></p>	<p><u>Trickett House:</u> Chair based exercises <i>@ 2.45pm-3.30pm</i></p> <p><u>Griffiths Close:</u> Bingo <i>@ 1:30pm</i></p>	<p><u>Griffiths Close:</u> Chair based exercise <i>@ 9:30am</i></p> <p><u>Norman House:</u> Chair based exercises @ <i>1.45pm-2.30pm</i></p>	<p><u>Cloverdale:</u> Wimbledon Party <i>@ 3pm</i></p>	14

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	<p>16</p> <p><u>Old Brewery House:</u> Digital Help @ 2pm</p> <p><u>Norman House:</u> Digital Help @ 3:30pm</p>	<p>17</p> <p><u>Dorothy Pettingell:</u> Digital Session @ 11am</p> <p><u>Thomas House:</u> Chair based exercises @ 1.30pm-2.15pm</p>	<p>18</p> <p>GARDENING COMPETITION JUDGING DAY</p>  <p><u>Trickett House:</u> Chair based exercises @ 2.45pm-3.30pm</p>	<p>19</p> <p><u>Griffiths Close:</u> Chair based exercise @ 9:30am</p> <p><u>Norman House:</u> Chair based exercises @ 1.45pm-2.30pm</p>	<p>20</p> <p><u>Dorothy Pettingell:</u> Tai Chi @10am</p>	21
22	<p>23</p> <p><u>Cloverdale:</u> Millers Ark Mobile Farm Visit @1pm</p>	<p>24</p> <p><u>Thomas House:</u> Chair based exercises @1.30pm-2.15pm</p>	<p>25</p> <p><u>Trickett House:</u> Chair based exercises @2.45pm-3.30pm</p> <p><u>Griffiths Close:</u> Bingo @ 1:30pm</p>	<p>26</p> <p><u>Norman House:</u> Chair based exercises @ 1.45pm-2.30pm</p>	<p>27</p> <p><u>Trickett House:</u> Tai Chi @ 10am</p>	28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 <u>Margaret</u> <u>House:</u> Digital help <i>@ 4pm</i>	31				