

	Tuesda y	Wednes day	Thursd ay	Friday	Saturda y	Sunday
					1st HK Tuition – 11.00am	2nd Residents Board Game Club -11.30am
3rd Residents Coffee Morning- 11.00am HK Tuition – 11.00am Residents Top of the Shires – 2.00pm	4th Walfinch Seated Exercise – 10.30am NEW – Digital Course 11.30am. Women Only Exercise Start's Back Sept	5th Seated Exercise – Starts Start's Back Sept NEW – Talk – The power of hydration -1.30pm U3A Film Group – Start's Back Sept	6th Xpress Yourself Dance -12.30pm New – Seated Exercise & Thai Chi – 2.00pm Exercise with Ms – 3.00pm Start's Back Sept Zumba – 6.00pm Residents Games Night – 7.00pm	7th Seniors Gentle Exercise – Start's Back Sept Knit & natter – 2.00pm Residents Evening – 7.00pm	8th HK Tuition – 11.00am	9th Residents Board Game Club -11.30am
10th Residents Coffee Morning- 11.00am HK Tuition – 11.00am Residents Top of the Shires – 2.00pm Age Uk & West Midlands Police- Scam Awareness – 2.15pm	11th NEW – Digital Course 11.30am. U3A Group Monthly – 2.00pm Women Only Exercise Start's Back Sept	12th Seated Exercise – Start's Back Sept U3A Film Group – Start's Back Sept	13th Xpress Yourself Dance -12.30pm Exercise with Ms – 3.00pm Start's Back Sept Zumba – 6.00pm Residents Games Night – 7.00pm	14th Seniors Gentle Exercise – Start's Back Sept Knit & natter – 2.00pm Residents Evening – 7.00pm	15th HK Tuition – 11.00am NEW – Charity Night – Live Band 7.00pm, in aid of Alzheimer's Society	16th Residents Board Game Club -11.30am

17th Residents Coffee Morning- 11.00am HK Tuition – 11.00am Residents Top of the Shires – 2.00pm	18th Walfinch Seated Exercise – 10.30am NEW – Digital Course 11.30am. Women Only Exercise Start's Back Sept	19th Seated Exercise – Start's Back Sept U3A Writers Group – 12.30 pm U3A Film Group – Start's Back Sept	20th Xpress Yourself Dance -12.30pm New – Seated Exercise & Thai Chi – 2.00pm Exercise with Ms – 3.00pm Start's Back Sept Zumba – 6.00pm Residents Games Night – 7.00pm	21st Seniors Gentle Exercise – Start's Back Sept Knit & natter – 2.00pm Residents Evening – 7.00pm	22nd Hk Tuition – 11.00am Primal Sounds – 2.00pm Start's Back Sept	23rd Residents Board Game Club -11.30am
24th Residents Coffee Morning- 11.00am HK Tuition – 11.00am Residents Top of the Shires – 2.00pm	25th NEW – Digital Course 11.30am. U3A Small Committee Group – 2.00 pm Women Only Exercise Starts Back Sept	26th Seated Exercise – Starts Back Sept	27th Exercise with Ms – 3.00pm Start's Back Sept Zumba – 6.00pm Residents Games Night – 7.00pm	28th Seniors Gentle Exercise – Starts Back Sept Knit & natter – 2.00pm NEW - Curry Night 7pm Opal Bar Residents Evening – 7.00pm	29th Hk Tuition – 11.00am	30th Residents Board Game Club -11.30am

Classes Contact No's:

Bloom in Health – 07570333439

Women's Circuit Class – Tue

Seated Exercise Class – Wed

Senior Exercise Class – Fri

Xpress Yourself Dance – 07984423534 - Thru

Zumba – 07572446662 - Thru

Walfinch – 01218053444 – Tues

MS Society – 07707931439 -Thurs

Age Uk Dementia Café - 07842449136

U3A - <https://u3asites.org.uk/>

HK Tuition - 07359460222 (Mon/ Sat

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