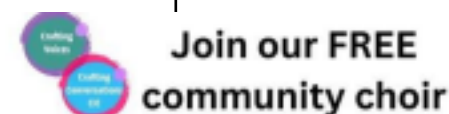


| Monday                                                                                                                                                                                          | Tuesday                                                                                                                  | Wednesday                                                                                      | Thursday                                                                                                                                                                        | Friday                                                                                                  | Saturday                                                                 | Sunday                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| 1 <sup>st</sup>                                                                                                                                                                                 | 1 <sup>st</sup><br>11.00am Seated Exercise<br>2.00pm Knit & Natter 6.30pm Women's Circuit                                | 2 <sup>nd</sup><br>11.00am Seated Exercise                                                     | 3 <sup>rd</sup><br>11.30am Xpress Yourself Dance<br>2.00pm <b>NEW Seated Exercise Gentle Chi Me</b> 3.00pm Exercise with MS 6.30pm Zumba<br>7.00pm Residents Games Night        | 4 <sup>th</sup><br>12.00pm Seniors Gentle Exercise<br>2.00pm Knit & Natter<br>7.00pm Residents Evening  | 5 <sup>th</sup><br>11.00am HK Tuition 2.00pm Primal Sounds               | 6 <sup>th</sup><br>11.30am Residents Board Game                                    |
| 7 <sup>th</sup><br>10.30am <b>NEW</b> Crafting Voices<br>11.00am Residents Coffee Morning<br>2.00pm – Residents Top of The Shires<br>2.15pm Age Uk Dementia Café<br>4.30pm HK Tuition           | 8 <sup>th</sup><br>11.00am Soothing Stiches<br>1.30am U3A Monthly Meeting<br>2.00pm Knit & Natter 6.30pm Women's Circuit | 9 <sup>th</sup><br>11.00am Seated Exercise                                                     | 10 <sup>th</sup><br>11.30am Xpress Yourself Dance<br>3.00pm Exercise with MS 6.30pm Zumba<br>7.00pm Residents Games Night                                                       | 11 <sup>th</sup><br>12.00pm Seniors Gentle Exercise<br>2.00pm Knit & Natter<br>7.00pm Residents Evening | 12 <sup>th</sup><br>11.00am HK Tuition                                   | 13 <sup>th</sup><br>11.30am Residents Board Game                                   |
| 14 <sup>th</sup><br>10.30am <b>NEW</b> Crafting Voices<br>11.00am Residents Coffee Morning<br>2.00pm U3A Digital Photography Group<br>2.00pm – Residents Top of The Shires<br>4.30pm HK Tuition | 15 <sup>th</sup><br>11.00am Seated Exercise<br>2.00pm Knit & Natter 6.30pm Women's Circuit                               | 16 <sup>th</sup><br>10.30am U3A Writers Group<br>11.00am Seated Exercise 1.00pm U3A Film Group | 17 <sup>th</sup><br>11.30am Xpress Yourself Dance<br>2.00pm <b>NEW Seated Exercise &amp; Gentle Chi Me</b> 3.00pm Exercise with MS 6.30pm Zumba<br>7.00pm Residents Games Night | 18 <sup>th</sup><br>12.00pm Seniors Gentle Exercise<br>2.00pm Knit & Natter<br>7.00pm Residents Evening | 19 <sup>th</sup><br>11.00am HK Tuition 2.00pm Primal Sounds              | 20 <sup>th</sup><br>11.30am Residents Board Game                                   |
| 21 <sup>st</sup><br>10.30am <b>NEW</b> Music Group<br>11.00am Residents Coffee Morning<br>2.00pm – Residents Top of The Shires                                                                  | 22 <sup>nd</sup><br>11.00am Soothing Stiches<br>2.00pm Knit & Natter 6.00pm <b>NEW</b> French Night                      | 23 <sup>rd</sup><br>11.00am Seated Exercise 1.00pm U3A Film Group                              | 24 <sup>th</sup><br>11.30am Xpress Yourself Dance<br>3.00pm Exercise with MS 6.30pm Zumba<br>7.00pm Residents Games Night                                                       | 25 <sup>th</sup><br>12.00pm Seniors Gentle Exercise<br>2.00pm Knit & Natter<br>7.00pm Residents Evening | 26 <sup>th</sup><br>11.00am HK Tuition<br><b>Birmingham Open Studios</b> | 27 <sup>th</sup><br>11.30am Residents Board Game<br><b>Birmingham Open Studios</b> |

|                   |                        |  |  |  |  |  |
|-------------------|------------------------|--|--|--|--|--|
| 4.30pm HK Tuition | 6.30pm Women's Circuit |  |  |  |  |  |
|-------------------|------------------------|--|--|--|--|--|

|                                                                                                                                                      |                                                                                                                               |                                                             |  |  |  |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|--|--|--|--|
|                                                                                                                                                      |                                                                                                                               |                                                             |  |  |  |  |
| 28th<br>10.30am <b>NEW</b><br>Crafting Voices<br>11.00am Residents<br>Coffee Morning<br>2.00pm – Residents<br>Top of The Shires<br>4.30pm HK Tuition | 29th<br>11.00am Seated<br>Exercise<br>2.00pm U3A<br>Committee Meeting<br>2.00pm Knit &<br>Natter 6.30pm<br>Women's<br>Circuit | 30th<br>11.00am Seated<br>Exercise 1.00pm U3A<br>Film Group |  |  |  |  |



Crafting Voices is a free, inclusive choir. We rehearse weekly with a professional music director in our relaxed and fun sessions. Each month we provide a free lunch to our members & we eat together.

All abilities are welcome, we learn some songs in makaton and members express themselves using sign, percussion instruments and their Voices.

Contact Rachael on 07842 252515  
Info@craftingconversations.co.uk



### Exercise 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** — 07415 886631- Thru

**MS Society** – 07707931439 -Thurs

### Community Groups:

**U3A -**

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

**HK Tuition-** 07359460222 (Mon/  
Tue/ Sat)

**Soothing Stiches** –  
07808988945



**Wellbeing Groups**

**Age Uk Dementia Café - 07842449136**

**Beauty**

**Hair Salon – 0758863.029**