	Tuesday	Wednesday	Thursday	Friday		Sunday
						1st 11.30am Residents Board Game
2nd 10.30am **NEW** Crafting Voices 2.00am **NEW** Fitness with Gentleness 2.00pm – Residents Top of The Shires 4.30pm HK Tuition	3rd 11.00am Soothing Stiches 11.00am Residents Coffee Morning 2.00pm Knit & Natter 2.00pm **NEW** Talk – Is your Will Enough. 6.30pm Women's Circuit	4th 11.00am Seated Exercise 1.00pm U3A Film Group	5th 10.00am – U3A Gardening Group 12.30am Keep Dancing 2.00pm **NEW** Seated Exercise & Gentle Chi Me 3.00pm Exercise with MS 6.30pm Zumba 7.00pm Residents Games Night	6th 12.00pm Seniors Exercise 1.30am **New** Women's Art for Wellbeing 2.00pm Knit & Natter 7.00pm Residents Evening	7th 11.00am HK Tuition	8th 11.30am Residents Board Game
9th 10.30am **NEW** Crafting Voices 2.00am **NEW** Fitness with Gentleness 2.15pm Age Uk Dementia Café 2.00pm U3A Digital Photography Group 2.00pm – Residents Top of The Shires 4.30pm HK Tuition	10th 11.00am Seated Exercise 11.00am Residents Coffee Morning 1.30am U3A Monthly Meeting 2.00pm Knit & Natter 6.30pm Women's Circuit	11th 11.00am Seated Exercise 1.00pm U3A Film Group	12th 12.30am Keep Dancing 3.00pm Exercise with MS 6.30pm Zumba 7.00pm **New** – Psychic & Mediumship Evening	13th 12.00pm Seniors Exercise 1.30am **NEW** Women's Art for Wellbeing 2.00pm Knit & Natter 7.00pm Residents Evening	14th 11.00am HK Tuition 2.00pm Primal Sounds	15th 11.30am Residents Board Game

16th 10.30am **NEW** Music Group 2.00am **NEW** Fitness with Gentleness 2.00pm – Residents Top of The Shires 4.30pm HK Tuition	17th 11.00am Soothing Stiches 11.00am Residents Coffee Morning 2.00pm Knit & Natter 6.30pm Women's Circuit	18th 11.00am Seated Exercise10.30am U3A Writers Group	19th 12.30am Keep Dancing 2.00pm **NEW** Seated Exercise & Gentle Chi Me 3.00pm Exercise with MS 6.30pm Zumba 7.00pm Residents Games Night	20th 12.00pm Seniors Exercise 1.30am **NEW** Women's Art for Wellbeing 2.00pm Knit & Natter 7.00pm Residents Evening	21st 11.00am HK Tuition	22nd 11.30am Residents Board Game
23rd 10.30am **NEW** Crafting Voices 2.00am **NEW** Fitness with Gentleness 2.00pm – Residents Top of The Shires 4.30pm HK Tuition	24th 11.00am Seated Exercise 11.00am Residents Coffee Morning 2.00pm U3A Committee Meeting 2.00pm Knit & Natter 6.30pm Women's Circuit	25th 11.00am Seated Exercise	26th 12.30am Keep Dancing 3.00pm Exercise with MS 7.00pm Residents Games Night	27th 12.00pm Seniors Exercise 1.30am **NEW** Women's Art for Wellbeing 2.00pm Knit & Natter 7.00pm Residents Evening	28th 11.00am HK Tuition 2.00pm Primal Sounds	29th 11.30am Residents Board Game

The Shires Contact No – 0121 449 4870

Exercise Classes Contact No's:
Fitness with Gentleness – Mon www.fitnessWithGentleness.com

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