

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2 1.30pm – 3.30pm Paint Aid	3 1pm Losar Gathering - bring a dish to share 1.30pm – 3pm Yoga with Hanna	4 10.30am Tai Chi 11.30am Shop Meeting at Hub Seated Shiatsu Appointments with Kirsten Jenkins 7pm Bowling @ Hall 7.30pm Pool and Pint	5	6 Sunday Lunch: Roast Pork or vegetarian haggis cottage pie Cinema Afternoon 3.30pm Summerland
7 1pm LEL Planning Meeting	8	9 1.30pm – 3.30pm Paint Aid	10 11am – 1pm Writers Group 1.30pm – 3pm Yoga with Hanna	11 10.30am Tai Chi Ayurvedic Facial Appt. with Hanna 7.30pm Pool and Pint 7.30pm Jazz Singing	12	13 Sunday Lunch: Roast turkey or vegetarian cauliflower cheese 2.30pm Open Music Session with Nick 3pm Church Service
14	15	16 1.30pm – 3.30pm Paint Aid	17 1.30pm – 3pm Yoga with Hanna	18 10.30am Tai Chi Seated Shiatsu Appointments with Kirsten Jenkins 7pm Bowling @ Hall 7.30pm Pool and Pint	19 10 – 4pm Mindfulness Day with Angie Ball 10-4pm Ring making with Jesse Ball 7pm Live Music-Anima	20 Sunday Lunch: Roast beef or vegetarian butternut squash & mushrooms
21	22	23 1.30pm – 3.30pm Paint Aid	24 11– 1pm Writers Group 1.30 – 3pm Yoga Foot Health Clinic please book at Hub	25 10.30am Tai Chi Ayurvedic Facial Appt. with Hanna 7.30pm Pool and Pint	26	27 Sunday Lunch: Roast gammon or vegetarian broccoli/pea pie
28	29	30 1.30pm – 3.30pm Paint Aid	31 1.30pm – 3pm Yoga with Hanna	1 April 10.30am Tai Chi 7.30pm Pool and Pint Seated Shiatsu Appointments	For more information: 01387373760	

