

MONDAY- English and Sewing Class 10:00am-12:30pm

ADVICE SESSIONS 10:00AM-5PM

TUESDAY- ADVICE PHONE CALLS

10AM-2PM

Working From Home.

THURSDAY – Maths Class

10AM-11AM

Exercise Class

11:00am-11:45am

Cooking Class

12:00pm-1:30pm

Felix Food Bank

2pm-4pm

Massage Therapy Session

(Appointment Only)-

10am-3pm

NOTICE: During the Easter break only advice sessions and Felix food bank will be running.

DEMENTIA AWARNESS SESSION WITH

HOPSCOTCH.

22ND APRIL 2024 AT 12:30-1:30PM

CHADSWELL CENTRE

Contact this number/email below for more information:

02077135545

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