



Monday

Tuesday







Wednesday

Thursday

Friday

Sat

Sunday

					1 1.00 – 3.30 pm Pottery: Open Art Studio	2	3
4 1.30 – 3.30 pm Art Group with Petra	5 10.30 am - 12.00 Richard's Discussion Group  1.30-3.30 Guest Speaker: Fire Prevention and Protection at Home	6 10.00 am - 12 noon 'Create & Craft' with Jenny	7 1:1 sessions available with Jean: ring 0789 134 9036 for appointment.  1.30 pm – 3.30 pm Keep Fit and have fun (Wii sports and other activities) with Corinne	8	1.00 – 3.30 pm Pottery: Open Art Studio	9	10 1.30 – 3.30 pm Adapted cycling at Eastbourne Sports Complex outside track
11	12	13 10.00 am - 12 noon 'Create & Craft' with Jenny	14 1:1 sessions available with Jean: ring 0789 134 9036 for appointment.  1.30 pm – 3.30 pm Keep Fit and have fun (Wii sports and other activities) with Corinne	15	1.00 – 3.30 pm Pottery: Open Art Studio	16	17
18 1.30 – 3.30 pm Art Group with Petra	19 10.30 am - 12.00 Richard's Discussion Group  1.30 - 3.30 pm <b>CHRISTMAS PARTY</b>	20 10.00 am - 12 noon 'Create & Craft' with Jenny	21 1:1 sessions available with Jean: ring 0789 134 9036 for appointment. 1.30 pm – 3.30 pm Keep Fit and have fun (Wii sports and other activities) with Corinne	22	1.00 – 3.30 pm Pottery: Open Art Studio (next session 10 January)	24	
26 	27 	28 	29 	30 1.30 pm – 3.30 pm Post Christmas Social - drop in for a chat. Play games if you have the energy!	31		

ANCESTRY GROUP WILL BE RESTARTING NEXT YEAR