

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Breakfast Club 9.15am-9.45am	Breakfast Club 9.15am-9.45am	Breakfast Club 9.15am-9.45am	Breakfast Club 9.15am-9.45am	Breakfast Club 9.15am-9.45am
	Kitchen 10am-12pm	Kitchen 10am-12pm	Kitchen 10am-12pm	Kitchen 10am-12pm	Kitchen 10am-12pm
	Conservation Group 10am-12.15pm	Music Discussion 10am-12pm	Ladies Group 10am-12pm	Arts & Crafts 10am-12pm	Computer Skills 10am-12pm
	Meditation 10am-11am	Dominoes/Scrabble 10am-12pm	Camera Club 10am-12pm	Couch to 5K 11am-12pm	Conservation 10am-12.15pm
	Gym – Circuit Class 11am-12pm		Larbert Woods 11am-2pm (Every 2 nd Week)	Callendar Woods 11am-2pm (3 rd Thursday of Month)	Meditation 10am-11am Low Impact Exercise 11.15am-12pm
PM	Cooking With Groups 1pm-2.30pm	Cycle Group 1pm-3pm	Musical Drama Group 1pm-2.30pm	Walking Group 1pm-3pm	Fun Friday 1pm-3pm
	Men’s Group 1pm-3pm	Creative Expression 1pm-2.30pm	Gym Group 1pm-2pm	Cooking With Groups 1pm-2.30pm	*New Group Coming* 1pm-2.30pm
	Music Group 1pm	Taster Zone Group 1pm-2.30pm	Decider Skills 2.30pm-4pm	Meditation 1pm-2pm	Hub Group&Newsletter 2.30pm-4pm
	Hub Group & Webpage 2.30pm-4pm	Hub Group & Webpage 2.30pm-4pm	Hub Group 2.30pm-4pm	Pamper Session 2pm-3pm Hub Group&Newsletter 2.30pm-4pm	Football Group 3.30pm-4.30pm