


# January 2020

**Please note you are required to book your place as space is limited for activities**

**Chatter Tables are available everyday 10:30am - 12:00noon**

Mon	Tue	Wed	Thu	Fri
		1  <b>New Years Day CLOSED</b>	2  Tea at Tangmere £3 2:30-4:00pm	3  Singing at Sage £3 2:00-3:00pm
6  Oomph £2 10:30-12noon  Music Workshop £4.50 2:00-3:00pm	7  Move to Music £4.50 10:30-11:30am  Tai Chi £4.50 2:00-3:00pm	8  Hairdressing 9:30-4:00pm  Watercolour £3 10:30-12noon	9  Hairdressing 10:00-12:30pm  Art Workshop £4.50 10:30-12noon  Tea at Tangmere £3 2:30-4:00pm	10  Solicitor Clinic 11:30-2:30pm  British Forces Veterans £3 10:30-12noon  Singing at Sage £3 2:00-3:00pm

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Mon	Tue	Wed	Thu	Fri
<p>13</p> <p>Oomph £2 10:30-12noon</p> <p>Music Workshop £4.50 2:00-3:00pm</p>	<p>14</p> <p>Hairdressing 10:30-12:30pm</p> <p>Move to Music £4.50 10:30-11:30am</p> <p>Painting for Fun £3 2:00-3:30pm</p>	<p>15</p> <p>Hairdressing 9:30-4:00pm</p> <p>Solicitor Clinic 10:00-1:00pm</p>	<p>16</p> <p>Chairobics £4.50 11:00-12noon</p> <p>Tea at Tangmere £3 2:30-4:00pm</p>	<p>17</p> <p>Reading Friends £3 10:00-11:00am</p> <p>Singing at Sage £3 2:00-3:00pm</p>
<p>20</p> <p>Oomph £2 10:30-12noon</p> <p>Music Workshop £4.50 2:00-3:00pm</p>	<p>21</p> <p>Move to Music £4.50 10:30-11:30am</p> <p>Tai Chi £4.50 2:00-3:00pm</p>	<p>22</p> <p>Hairdressing 9:30-4:00pm</p> <p>Watercolour £3 10:30-12noon</p>	<p>23</p> <p>Art Workshop £4.50 10:30-12noon</p> <p>Tea at Tangmere £3 2:30-4:00pm</p>	<p>24</p> <p>British Forces Veterans £3 10:30-12noon</p> <p>Fine Art Session £3 10:00-11:30am</p> <p>Singing at Sage £3 2:00-3:00pm</p>
<p>27</p> <p>Oomph £2 10:30-12noon</p> <p>Music Workshop £4.50 2:00-3:00pm</p>	<p>28</p> <p>Move to Music £4.50 10:30-11:30am</p> <p>Painting for Fun £3 2:00-3:30pm</p>	<p>29</p> <p>Hairdressing 9:30-4:00pm</p> <p>Solicitor Clinic 10:00-1:00pm</p>	<p>30</p> <p>Chairobics £4.50 11:00-12noon</p> <p>Tea at Tangmere £3 2:30-4:00pm</p>	<p>31</p> <p>Reading Friends £3 10:00-11:00am</p> <p>Fine Art Session £3 10:00-11:30am</p> <p>Singing at Sage £3 2:00-3:00pm</p>

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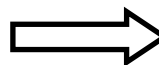
Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Oomph £2 10:30-12noon</p> <p>Music Workshop £4.50 2:00-3:00pm</p>	<p>4</p> <p>Move to Music £4.50 10:30-11:30am</p> <p>Tai Chi £4.50 2:00-3:00pm</p>	<p>5</p> <p>Watercolour £3 10:30-12noon</p> <p>We run Free Financial Management Clinics - Please speak to reception to book an appointment</p>	<p>6</p> <p>Time to Talk Day 10:30-1:30pm - to book a space please speak to reception</p> <p>Tea at Tangmere £3 2:30-4:00pm</p>	<p>7</p> <p>British Forces Veterans £3 10:30-12noon</p> <p>Fine Art Session £3 10:00-11:30am</p> <p>Singing at Sage £3 2:00-3:00pm</p>
<p>10</p> <p>Oomph £2 10:30-12noon</p> <p>Music Workshop £4.50 2:00-3:00pm</p>	<p>11</p> <p>Move to Music £4.50 10:30-11:30am</p> <p>Painting for Fun £3 2:00-3:30pm</p>	<p>12</p> <p><b>Memory Matters</b> is a 10 week course focusing on 'Exercise for the Brain' through themed sessions with meaningful and cognitive activities.</p> <p>Speak to a Wayfinder for more information and a short assessment to attend</p>	<p>13</p> <p>Chairbobs £4.50 11:00-12noon</p> <p>Tea at Tangmere £3 2:30-4:00pm</p>	<p>14</p> <p>Reading Friends £3 10:00-11:00am</p> <p>Fine Art Session £3 10:00-11:30am</p> <p>Singing at Sage £3 2:00-3:00pm</p>

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<p>24</p> <p>Oomph £2 10:30-12noon</p> <p>Music Workshop £4.50 2:00-3:00pm</p>	<p>25</p> <p>Move to Music £4.50 10:30-11:30am</p> <p>Painting for Fun £3 2:00-3:30pm</p>	<p>26</p> <p>We have local hairdressers who regularly volunteer their time in our salon - to book an appointment please speak to reception</p> 	<p>27</p> <p>Chairobics £4.50 11:00-12noon</p> <p>Tea at Tangmere £3 2:30-4:00pm</p>	<p>28</p> <p>Reading Friends £3 10:00-11:00am</p> <p>Fine Art Session £3 10:00-11:30am</p> <p>Singing at Sage £3 2:00-3:00pm</p>
	<p>We run FREE solicitors advice clinics - for more information please enquire at Reception or speak to a Wayfinder</p>		<p><b>Thursday 27th February</b></p> <p>'Conflict, Conspiracy, Collaboration &amp; Culpability' Military History Talk by Sheryl Green.</p> 	<p><b>7pm - 9:30pm @ Sage House</b>, Tickets £8pp Booking Essential, to book your tickets contact reception on 01243 888 691</p>

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