

WEDNESDAY ACTIVITY PLAN



OCTOBER

- 3rd Oct Coffee Morning 10-12:30pm at Kuumba
- 10th Oct World Mental Health Day event at Quaker House
- 17th Oct Journey to Justice Exhibition at Slavery Museum
- 24th Oct Fact Cinema & lunch in town
- 31st Oct Members Meeting, Healthy Breakfast & Bingo

NOVEMBER

- 7th Nov Philharmonic – Music Therapy session
- 14th Nov Southport
- 21st Nov Theatre Show (TBC) / Winter Event at St. Johns
- 28th Nov Members Meeting, Healthy Breakfast & Bingo

DECEMBER

- 5th Dec Christmas Markets and lunch in town
- 12th Dec Christmas Fun Day at Kuumba
- 19th Dec Members Meeting, Breakfast... Healthy/Cooked
- 26th Dec Closed - Boxing Day

REOPEN ON THE 9th January 2019

Most activities start from 10am meeting at Kuumba Imani