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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Aromatherapy</b> <i>at Mary Seacole House</i> <b>1.00pm – 4.00pm</b></p> <p>Alternate weeks, dates for 2019;</p> <p>07/01, 21/01, 04/02, 18/02, 04/03, 18/03, 01/04, 15/04, 29/04, 13/05, 27/05 - <b>Closed</b> for Bank Holiday, 10/06, 24/06, 08/07, 22/07, 05/08, 19/08, 02/09, 16/09, 30/09, 14/10, 28/10, 11/11, 25/11, 09/12.</p>		<p><b>Men's &amp; Women's Group</b> <i>at Kuumba Imani Centre</i> <b>10.00pm – 4.00pm</b></p> <p><b>Activities such as:</b> Healthy Breakfast, Meals out, Cinema, Shopping, Markets, Day Trips, Museums, Theatre, Community Events, Exhibitions, Indoor games, Fun &amp; Educational Days etc.</p> <p><b>(This group usually goes out together)</b></p>			<p><b>Men's &amp; Women's Group Breakfast</b> £2.50 cost <i>at Mary Seacole House</i> <b>10.00am – 5.00pm</b></p> <p>In House Cooked Breakfast (every first Saturday of the month)</p> <p>Dates for 2019;</p> <p>05/01, 02/02, 02/03, 06/04, 04/05, 01/06, 06/07, 03/08, 07/09, 05/10, 02/11, 14/12.</p>
<p><b>Art Class</b> <i>at John Archer Hall</i> <b>1.45pm – 3.45pm</b></p>		<p><b>Members Meeting</b> <i>at Kuumba Imani Centre</i> <b>11.00am – 12.00pm</b></p> <p>Last working Wednesday of every month for updates regarding the service and other local services.</p>			

■ Leisure time     
 ■ Creative     
 ■ Learning     
 ■ Support Group     
 ■ Life Skills     
 ■ Social Inclusion

All activities are subject to change so please call us on: **(0151) 707 0319** if you would like to confirm or Email: [vanessa@maryseacolehouse.com](mailto:vanessa@maryseacolehouse.com) for more information.

 [Mary Seacole House\\_Liverpool](https://www.facebook.com/MarySeacoleHouseLiverpool)
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