

	WEEK	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
MORNINGS 9am-1:30pm	1	Park wander and pub lunch social	1) Music and drumming class 2) Boxing and gym 3) Old Buildings exploring - Lunch social afterwards	121 sessions and 2 client sessions - Person centred activities	"Rackets" Badminton & table tennis and pub or café drink after	Walking group / projects and collaborations
	2	Old Buildings and adventure play parks	1) Swimming 2) Boxing and gym 3) Walking group - Lunch social afterwards	Varied 121 sessions and 2 client sessions	"Rackets" Badminton & table tennis and pub or café drink after	Walking group / projects and collaborations
	3	Fun & Games (Bowling/Arcades/Golf)	1) Gym / outdoor fitness 2) Boxing and gym 3) Animals / farm parks - Lunch social afterwards	Varied 121 sessions and 2 client sessions	"Rackets" Badminton & table tennis and pub or café drink after	Walking group / projects and collaborations
	4	Animals and farm parks	1) Sports (badminton/padel tennis/basketball) 2) Boxing and gym - Lunch social afterwards	Varied 121 sessions and 2 client sessions	"Rackets" Badminton & table tennis and pub or café drink after	Walking group / projects and collaborations
AFTERNOONS 2pm-5pm	1	Pool & Snooker social	1) Art / boardgames / creative projects 2) Gym / outdoor fitness	Animals and Farm Parks	1) Pool and Snooker 2) Gym / outdoor fitness	Sports social (Badminton/squash/tennis) then friday pub social
	2	Pool & Snooker social	1) Art / boardgames / creative projects 2) Gym / outdoor fitness	Sports (Mini golf / sports hall activities)	1) Football training / Field sports 2) Gym / outdoor fitness	Sports social (Boxing and gym) then friday pub social
	3	Pool & Snooker social	1) Art / boardgames / creative projects 2) Gym / outdoor fitness	Garden centres / Aquariums / Car Showrooms / Warhammer World	1) Mini golf / driving range 2) Gym / outdoor fitness	Sports social (Snooker and Pool) then friday pub social
	4	Pool & Snooker social	1) Art / boardgames / creative projects 2) Gym / outdoor fitness	Old Buildings and Nature walks	1) Carvery / pub meal 2) Gym / outdoor fitness	Sports social (Mini golf / Driving range) then friday pub social
EVENINGS 5pm onwards	1			Karaoke	Cooking Social	
	2	Disco! (once a month)	Pub Social watching Football (every few months)	Pub Meal and quiz	Cooking Social	Occasional Music Gigs
	3			City Centre outing	Cooking Social	
	4			Tenpin bowling / cinema	Cooking Social	