

PROGRAMMES TIMETABLE

April 26– June 26



<u>Date and Time</u>	<u>Session</u>	<u>About</u>
Friday, 10th April (3:30pm-5:45pm)	Film Club	A favourite! All attendees can vote for their preferred film from a selection of three options. Sit back, relax, and enjoy the winning movie with some tasty snacks and a warm cup of coffee or tea
Friday, 24 th April (4:00pm-5:30pm)	Therapy Dogs	We will be joined by 2-3 therapy dogs brought in by volunteers. A chance for you to interact with the dogs, including playing with them and offering snacks. This sessions is aimed to improve your wellbeing
Friday, 1 st May (4:00pm-5:30pm)	Art Session (focus on abstract art)	Led by John who is a expert in abstract art.

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Friday, 8 th May (12:00pm-2:30pm)	Barista Making Course (offsite)	This session is delivered in two parts, so full commitment to the programme is essential . It provides practical hospitality skills, including hands-on experience making coffee in a professional setting. Participants will receive a certificate that may support future employment . The off-site location will be confirmed upon sign-up
Friday, 29th May (4:00pm-5:30pm)	Gardening Session	Plant a flower with all resources provided (seeds, soil, pots) as the summer period approaches. You can use this plant to brighten up your space or just walk away with a sense of creating something new!
Friday, 5 th June (3:00pm-5:30pm)	Film Club	A favourite! All attendees can vote for their preferred film from a selection of three options. Sit back, relax, and enjoy the winning movie with some tasty snacks and a warm cup of coffee or tea