

# Regular Activities



## Mondays - weekly

### Coffee & Chat Drop-in <sup>1</sup>

10:45 - 12:30

All are welcome to drop in for tea, coffee, biscuits & good company sitting by the fire.

### Puzzles & Pals <sup>1</sup>

12:30 - 14:15

All are welcome to do jigsaws & socialise over a nice 'cuppa' tea/coffee & biscuits.

## Tuesdays - weekly

### Pilates <sup>2</sup>

14:00 - 15:00

Seated or standing exercises to improve strength, balance, flexibility & mobility. It's for any age or ability, to have fun & to meet new people!

## Tuesdays - monthly

### Carers Support Group <sup>1</sup>

10:45 - 12:30 1st Tuesday of the month

Peer support, talks & expert information for carers of family, friends or clients.

### Parkinson's Support Group <sup>1</sup>

10:45 - 12:30 2nd Tuesday of the month

Peer support, talks & expert information for Parkinson's sufferers and/or carers.

### Dementia Support Group <sup>1</sup>

10:45 - 12:30 3rd Tuesday of the month

Peer support, talks & information for dementia sufferers &/or their carers plus

## Thursdays - weekly

### Citizens Advice <sup>1</sup>

10:45 - 12:30

Support on living well from our own staff or from Citizens Advice (with phone call help).

## Fridays - weekly

### Social Scrabble <sup>1</sup>

10:45 - 12:30

All are welcome to play & socialise over a nice 'cuppa' tea/coffee & biscuits.

## Opening Hours

### Monday - Friday 10:30 - 14:30

(open until 15:00 on Tuesdays due to Pilates activity)

Appointments are available outside these hours, but must be booked in advance.

## Any time

### Support and Information <sup>1</sup>

Support on living well in our community, from a listening ear to claiming benefits: 01491 525637 / info@q1foundation.org.uk

### Swap, buy or donate:

Donate, swap &/or buy used jigsaws, books, CDs & DVDs. Do jigsaws, read books, listen to CDs & watch DVDs to brighten up the dark winter evenings.

## Suggested Donations

<sup>1</sup> £3 per person    <sup>2</sup> £5 per person  
Thank you - we can't do it with your support!