

The Monday Club Programme of Activities



15th January 2018 – 19th March 2018

The group will meet at LCIL on Andrewes Street at 7.00pm, unless otherwise stated on the timetable.
Membership fees are £2 per week. Any additional costs are listed on the timetable.

Date	Activity 1	Activity 2	Activity 3
15 th January	Pub Night Meet at the Clock Tower at 7pm. Money required for drinks	Bingo	No Talkabout this week
22 nd January	Mindfulness Activity With Mark Fisher	Arts and Crafts	Talkabout Game With Aysha
29 th January	Social Skills	Games Night	No Talkabout this week
5 th February	Magic Kitchen Food Activity With Nicola Palmer	Quiz To be organised by Monday Club staff	Talkabout Game With Aysha
12 th February	Karaoke Evening	Mindfulness Crafts and Cross Stitching	Talkabout With Holly
19 th February	Yoga With Nerissa Fields Yoga Activity will begin at 7.30pm	Arts and Crafts	Talkabout Game With Aysha
26 th February	Pool – Rack 'n' Roll Meet at the Clock Tower at 7pm, or at Rack 'n' Roll at 7.20pm. £1.50 required for hire of the pool tables. Extra money required for drinks	Games Night	Talkabout With Holly
5 th March	Walking Football	Bingo	Talkabout Game With Aysha
12 th March	Mystery Walk Meet at the West End Neighbourhood Centre at 7pm.	Arts and Crafts	Talkabout With Holly
19 th March	Fun and Fitness Activity	Quiz To be organised by Monday Club staff	Talkabout Game With Aysha

The timetable is also available on our website
www.themondayclub.co.uk

The Monday Club Programme of Activities



Wednesday Group

17th January 2018 – 21st March 2018

See the individual activity details for information on where and at what time the group will meet.

Date	Activity
17 th January	There are no Wednesday group activities this week
24 th January	Climbing Session – Queen Elizabeth II Leisure Centre We will meet in the foyer of the Queen Elizabeth II Leisure Centre at 5.20pm for an instructor-led climbing session. £2 is required towards the cost of this activity. This activity will conclude at 7.30pm.
31 st January	There are no Wednesday group activities this week
7 th February	Healthy Swaps Cookery Activity – LCIL We will meet in the foyer of the LCIL building at 6pm. We have hired the kitchen facility, which we will use to prepare and compare some more and less healthy versions of similar foods and drinks, in a fun blind-taste-test competition style activity. This activity will conclude at 8pm.
14 th February	There are no Wednesday group activities this week
21 st February	Comedy Festival – ‘Five Reasons Why’ with Paul Gosling We will meet in the foyer of The Little Theatre on Dover Street at 7.15pm. The Comedy show will begin at 7.30pm. £3 is required towards the cost of this activity, plus extra for refreshments if required.
28 th February	There are no Wednesday group activities this week
7 th March	Laser Quest – Laserforce We will meet at the Laserforce on Devonshire Road at 6pm. We will have 3 games of Laser Quest, a small meal and unlimited drinks. £5 is required towards the cost of this activity. This activity will conclude at 8pm.
14 th March	There are no Wednesday group activities this week
21 st March	Cookery Activity – LCIL We will meet at the LCIL building in the foyer at 6pm. We have hired the kitchen facility, which we will use to learn to cook a meal and eat together. £5 is required towards the cost of this activity. All necessary ingredients supplied. This activity will conclude at 8pm.