

## Timetable Week 1- Reconnect

<b>Monday</b>	Craft with Zara 	Gardening with Noel 	Hand Massage with Deborah 
<b>Tuesday</b>	Aerobics with Arita 	Cookery with Eugene 	Mindfulness with John 
<b>Wednesday</b>	Art with Andy 	Craft with Jennifer 	Yoga with Anita 
<b>Thursday</b>	Christmas Wreath Making with Padraig 	Line Dancing with Gary 	Guitar with Ruairí 
<b>Friday</b>	Baking Spiced Biscuits with Brid 	Art with Jenny 	ISL with Robert 