





## **Timetable Week 3- Reconnect**

Monday	Line Dancing with Gary	Yoga with Anita	Baking Brown Bread
Tuesday	Mindfulness with John	ISL with Robert	Art with Andy
Wednesday	Cooking Baked Potatoes with Eugene	Aerobics with Arita	Cross Stitch with Jennifer
Thursday	Guitar with Ruairi	Gardening with Noel	Art with Jenny
Friday	Beauty with Deborah	Literacy with Dylan	Cooking Pancakes with Eugene