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| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | Jack 16**Yoga**  11am with ASHLEA | Keep fit**Chair Fitness**  11:15am with LEIGH | ✅ line dance premium vector download for commercial use. format: eps, cdr,  ai, svg vector illustration graphic art design**Line Dancing**  11am with ANNA |  |
| Bingo  12pm with JULIE | Social Media**Social Media Course**  12pmwith ASHLEA  **Pre-Book Place** | Resident Chat 1**Chill and Chat**  12pm with ASHLEA | Idea**Make It Better**  1pm with LIZZIE | **Relaxation**    12pmwith SARAH |
| Making Plans Happy**Party Committee**  1:15pmwith ASHLEA | Jack 19**Taekwondo**  2:30pm with TINA |  |  | **To get codes or pre-book place**  please call  07597 986 437  or email  admin@mencapwirral.org.uk |
| **Wellbeing 2Health Club**  2pmwith ASHLEA | Cook mix**Cooking Course**    3pm with DEBBIE  **Pre-Book Place** | **Women’s Group**  Doris 7  4pm with ASHLEA | Dance Fit 6**Disco and Dance**  4pm with RACHEL |