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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 |  |
| Bingo12pm 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 call07597 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 74pm with ASHLEA | Dance Fit 6**Disco and Dance**4pm with RACHEL |