

May 2008				
Key: Talks and Events Group Physical Activities Interest Groups Special Events				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breast Buddies 11–12.30pm Art Workshop 1.30–4pm Citizens Advice Bureau 2.30–4.30pm	2 Meditation 11am–12pm
5 Bank Holiday – No activities	6 Yoga 2–3.15pm Starting to Write 2–4pm	7 Interactive Laughter Clinic with John Cremer 2–4pm	8 Art Workshop 1.30–4pm	9 Meditation 11am–12pm
12 Pilates Int. 11–12pm Pilates Beg. 12.15–1.15pm Gentle Movement 2–3pm Tai Chi 7–8pm Meditation 7–8pm	13 Yoga 2–3.15pm	14 Chai Afternoons 2–4pm The Great Vincenzo – Magician Developments in Breast Cancer – Dr Michael Douek 7.30–9pm	15 Art Workshop 1.30–4pm	16 Meditation 11am–12pm
19 Pilates Int. 11–12pm Pilates Beg. 12.15–1.15pm Gentle Movement 2–3pm Tai Chi 7–8pm Meditation 7–8pm	20 Yoga 2–3.15pm Find Light in the Darkness – Rabbi Shaul Rosenblatt 7.30–9pm Starting to Write 2–4pm	21 	22 Art Workshop 1.30–4pm	23 Meditation 11am–12pm
26 Bank Holiday – No activities	27 Yoga 2–3.15pm	28 Chai Afternoons 2–4pm Bingo	29 Art Workshop 1.30–4pm	30 Meditation 11am–12pm

June 2008				
Key: Talks and Events Group Physical Activities Interest Groups Special Events				
Monday	Tuesday	Wednesday	Thursday	Friday
2 Pilates Int. 11–12pm Pilates Beg. 12.15–1.15pm Gentle Movement 2–3pm Tai Chi 7–8pm Meditation 7–8pm	3 Yoga 2–3.15pm Starting to Write 2–4pm	4 	5 Breast Buddies 11–12.30pm Art Workshop 1.30–4pm Citizens Advice Bureau 2.30–4.30pm	6 Meditation 11am–12pm
9 Shavuot – No activities	10 Shavuot – No activities	11 Chai Afternoons 2–4pm Games/Cards How to Look Good & Feel Good – Judy Fearn Image Consultant 7.30–9pm	12 Art Workshop 1.30–4pm	13 Meditation 11am–12pm
16 Pilates Int. 11–12pm Pilates Beg. 12.15–1.15pm Gentle Movement 2–3pm Tai Chi 7–8pm Meditation 7–8pm	17 Yoga 2–3.15pm Starting to Write 2–4pm	18 Chai Afternoons 2–4pm Douglas Poster – Singer	19 Art Workshop 1.30–4pm	20 Meditation 11am–12pm
23 Pilates Int. 11–12pm Pilates Beg. 12.15–1.15pm Gentle Movement 2–3pm Tai Chi 7–8pm Meditation 7–8pm	24 Yoga 2–3.15pm	25 Interactive Laughter Clinic with John Cremer 2–4pm	26 Art Workshop 1.30–4pm	27 Meditation 11am–12pm
30 Pilates Int. 11–12pm Pilates Beg. 12.15–1.15pm Gentle Movement 2–3pm Tai Chi 7–8pm Meditation 7–8pm				

July 2008				
Key: Talks and Events Group Physical Activities Interest Groups Special Events				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Yoga 2–3.15pm Starting to Write 2–4pm	2 Chai Afternoons 2–4pm James Lebec – Singer Eat for Health – Lana Pinshaw, Dietician 7.30–9pm	3 Breast Buddies 11–12.30pm Art Workshop 1.30–4pm Citizens Advice Bureau 2.30–4.30pm	4 Meditation 11am–12pm
7 Pilates Int. 11–12pm Pilates Beg. 12.15–1.15pm Gentle Movement 2–3pm Tai Chi 7–8pm Meditation 7–8pm	8 Yoga 2–3.15pm	9 	10 Art Workshop 1.30–4pm	11 Meditation 11am–12pm
14 Pilates Int. 11–12pm Pilates Beg. 12.15–1.15pm Gentle Movement 2–3pm Tai Chi 7–8pm Meditation 7–8pm	15 Yoga 2–3.15pm Starting to Write 2–4pm	16 Chai Afternoons 2–4pm What's in the News	17 Art Workshop 1.30–4pm	18 Meditation 11am–12pm
21 Pilates Int. 11–12pm Pilates Beg. 12.15–1.15pm Gentle Movement 2–3pm Tai Chi 7–8pm Meditation 7–8pm	22 Yoga 2–3.15pm	23 	24 Art Workshop 1.30–4pm	25 Meditation 11am–12pm
28 Pilates Int. 11–12pm Pilates Beg. 12.15–1.15pm Gentle Movement 2–3pm Tai Chi 7–8pm Meditation 7–8pm	29 Yoga 2–3.15pm Starting to Write 2–4pm	30 Chai Afternoons 2–4pm Games/Cards	31 Art Workshop 1.30–4pm	

August 2008				
Key: Talks and Events Group Physical Activities Interest Groups Special Events				
Monday	Tuesday	Wednesday	Thursday	Friday
				1 Meditation 11am–12pm
4 Pilates Int. 11–12pm Pilates Beg. 12.15–1.15pm Gentle Movement 2–3pm Tai Chi 7–8pm Meditation 7–8pm	5 Yoga 2–3.15pm	6 	7 Breast Buddies 11–12.30pm Art Workshop 1.30–4pm Citizens Advice Bureau 2.30–4.30pm	8 Meditation 11am–12pm
11 Pilates Int. 11–12pm Pilates Beg. 12.15–1.15pm Gentle Movement 2–3pm Tai Chi 7–8pm Meditation 7–8pm	12 Yoga 2–3.15pm	13 Chai Afternoons 2–4pm David Capri – Singer	14 Art Workshop 1.30–4pm	15 Meditation 11am–12pm
18 Pilates Int. 11–12pm Pilates Beg. 12.15–1.15pm Gentle Movement 2–3pm Tai Chi 7–8pm Meditation 7–8pm	19 Yoga 2–3.15pm	20 	21 Art Workshop 1.30–4pm	22 Meditation 11am–12pm
25 Bank Holiday – No activities	26 Yoga 2–3.15pm	27 Chai Afternoons 2–4pm Games/Cards	28 Art Workshop 1.30–4pm	28 Meditation 11am–12pm