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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **6th January**  **Drama**  11.00am-1.00pm | **7th January**  **No Groups** | **8th January**  **Hub Day!**  10am – 4pm  **Chair exercise**  11am  **Art Group**  1.00pm-3.00pm | **9th January**  **No Groups** | **10th January**  **No Groups** | **11th January**  **Hub Day!**  10am – 4pm  **Singing**  2.00-3.30pm |
| **13th January**  **Drama**  11.00am-1.00pm  **Women’s Group**  1.30pm – 3.00pm | **14th January**  Assessments AM  **Creative Writing**  1.30pm – 3.00pm | **15th January**  **Hub Day!**  10am – 4pm  **Chair exercise**  11am  **Art Group**  1.00pm-3.00pm | **16th January**  **Equine Therapy**  10.00-11.30am  Assessments PM | **17th January**  **Carers Group**  11.00am-12.450pm  **Poetry & Story Telling**  10.30am-12.30pm  **Mindful Art**  1.00pm-2.30pm | **18th January**  **Hub Day!**  10am – 4pm  **Singing**  2.00-3.30pm |
| **20th January**  **Drama**  11.00am-1.00pm  **Men’s Group**  1.30pm-3.00pm | **21st January**  **Young Peoples Group**  1.30pm-3.00pm  **Sewing Group**  1.30pm-3.00pm | **22nd January**  **Hub Day!**  10am – 4pm  **Chair exercise**  11am  **Art Group**  1.00pm-3.00pm | **23rd January**  Assessments PM | **24th January**  **Carers Group**  11.00am-12.45pm  **Poetry & Story Telling**  10.30am-12.30pm  **Mindful Art**  1.00pm-2.30pm | **25th January**  **Hub Day!**  10am – 4pm  **Singing**  2.00-3.30pm |
| **27th January**  **Drama**  11.00am-1.00pm  **Women’s Group**  1.30pm– 3.00pm | **28th January**  Assessments AM  **Creative Writing**  1.30pm– 3.00pm | **29th January**  **Hub Day!**  10am – 4pm  **Chair exercise**  11am  **Art Group**  1.00pm-3.00pm | **30th January**  **Equine Therapy**  10.00-11.30am  Assessments PM | **31st January**  **Carers Group**  11.00am-12.45pm  **Poetry & Story Telling**  10.30am-12.30pm  **Mindful Art**  1.00pm-2.30pm | **1st February**  **Hub Day!**  10am – 4pm  **Singing**  2.00-3.30pm |