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|  | **September 2017 - Headway Wearside** | | **For further information contact Kim 0191 522 7113** | | | |
| **Monday** | **Tuesday** | | **Wednesday** | **Thursday** | **Friday** |
| **A.M** | Bank Holiday | 29th Sport, Exercise, Activity  at Sunderland University  10- 12 noon | | 30th | 31st Walking Football  City Space, Sunderland University  10.30 am -12 noon | 4th |
| **PM** |  | Social afternoon 12.30  Bring your own packed lunch | |  |  |
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| **A.M** | 4th Volunteer Gardening  ST Mary and St Peters Community Project 10 am | 5th Sport, Exercise, Activity Sunderland University  10- 12 noon | | 6th CABIS  with charlotte | 7th Walking Football  City Space, Sunderland University  10.30 am -12 noon | 11th |
| **PM** | Bowling Club  1-2.30 pm |  | | Relaxation with Klaire 1-30 – 3 pm |  |  |
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| **A.M** | 11th Volunteer Gardening  ST Mary and St Peters Community Project 10 am | 12h Sport, Exercise, Activity  Sunderland University  10- 12 noon | | *13thh*  *.* | 14th Walking Football  City Space, Sunderland University  10.30 am -12 noon | 15th |
| **PM** | Bowling Club  1-2.30 pm | YOUR ART  Stone Pictures with Deborah | | *Ladies Group*  *Indian Meal Bombay Barn- Concord 6pm* |  |  |
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| **A.M** | 18th  Volunteer Gardening  ST Mary and St Peters Community Project 10 am | 19th Sport, Exercise, Activity  @ Sunderland Uni  10- 12 noon | | 20th CABIS  Peer Support with charlotte | 21st Walking Football  City Space, Sunderland University  10.00 am -12 noon | 22nd  Vestibular Support Group  10 am start |
| **PM** | Bowling club 1-2.30 |  | | YOUR ART Discovery Museum 10 – 2pm |  |  |
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|  | 25th Volunteer Gardening  ST Mary and St Peters Community Project 10 am | 26th Sport, Exercise, Activity  @ Sunderland Uni  10- 12 noon | | 27th | 28th Walking Football  City Space, Sunderland University  10.00 am -12 noon | 29th |
|  | Bowling Club  1-2.30 pm | Social afternoon - bring your own packed lunch 12.30 | | Ladies Group  Pamper Session  Washington 12 – 2 pm | Social Evening  Hastings Hill Pub 4 pm  Purchase your own meal and socialise with friends |  |