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|  | **August 2017 - Headway Wearside** |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **A.M** | 31st Volunteer GardeningST Mary and St Peters Community Project 10 am  | 1st Sport, Exercise, Activityat Sunderland University  10- 12 noon | 2nd Singing Group with charlotte | 3rd Walking Football City Space, Sunderland University  10.30 am -12 noon | 4th  |
| **PM** |   | The Tuesday SquadSocial afternoon 2- 3pm meet at costa coffee – Springwell Road |  Ladies Group Washington 1-2.30 pm  |  |
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| **A.M** |  7th Volunteer GardeningST Mary and St Peters Community Project 10 am  | 8th Sport, Exercise, Activity Sunderland University  10- 12 noon | 9th | 10th Walking Football City Space, Sunderland University  10.30 am -12 noon | 11th |
| **PM** |   | Social afternoon bring your own packed lunch, 12.30 -2.30pm |  |  |  |
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| **A.M** |  14th Kreative Kitchen 11-1 pm Places must be booked  |  15th Sport, Exercise, Activity Sunderland University 10- 12 noon | *16th* *.*  | 17th Walking Football City Space, Sunderland University  10.30 am -12 noon  | 18th  |
| **PM** | Bowling Club 1-2.30 pm  | Social afternoon bring your own packed lunch, 12.30 |  |  |  |
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| **A.M** | 21st  Volunteer Gardening ST Mary and St Peters Community Project 10 am  | 22nd Sport, Exercise, Activity @ Sunderland Uni  10- 12 noon | 23rd | 24th Walking Football City Space, Sunderland University 10.00 am -12 noon  | 25th- Vestibular Support Group10 am start  |
| **PM** | Bowling club 1-2.30 | Social afternoon - bring your own packed lunch 12.30  |   | Social Evening Hastings Hill,Grindon,Sunderland Purchase your own meal and socialise with friends  |  |

 To find out more information about any of our activities Contact Kim 0191 522 7113 or 07830346985 Headway Wearside, ST Mary and St Peters Community Project, springwell Road, Sunderland SR3 4DY . **. – Reg charity 1140910**