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|  | **August 2017 - Headway Wearside** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **A.M** | 31st Volunteer Gardening  ST Mary and St Peters Community Project 10 am | 1st Sport, Exercise, Activity  at 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 Squad  Social afternoon 2- 3pm meet at costa coffee – Springwell Road | Ladies Group Washington  1-2.30 pm |  |
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| **A.M** | 7th Volunteer Gardening  ST 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 Group  10 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**