

**January to March 2012 - Main Weekly Activities Programme– Note Half term is Monday 13th February to Friday 17<sup>th</sup> February 2012**

|                                  | Activity   | Tutor                     | Time                  | Venue              | Requirements         |
|----------------------------------|--|---------------------------|-----------------------|--------------------|----------------------|
| <b>M<br/>O<br/>N</b>             | Homecrafts ( <i>starts from Monday 9<sup>th</sup> Jan 2012</i> )       | Self-help group           | 10.30 am – 12.30 pm   | Crypt Centre       | TAP Members          |
|                                  | Singalong Session  | Tara & other volunteers   | 11.00 am – 12.30 pm   | Crypt Centre       | 60+                  |
|                                  | Men's Gym  | Michael Rafferty          | 2.00 pm – 3.00 pm     | Samuel Lithgow     | 60+                  |
|                                  | Pottery & Sewing Groups  | Daniella Saul & Self-help | 2.00 pm – 4.00 pm     | Crypt Centre       | TAP Members          |
|                                  | Introduction to the Internet   | Tara & other volunteers   | 2.00 pm - 4.00 pm     | Crypt Centre       | 60+                  |
| <b>T<br/>U<br/>E<br/>S</b>       | Conversational English ( <i>starts Tues 10th Jan</i> )                 | Dorottya Boukhemal        | 9.30 am – 11.30 am    | H Pod              | Time Bank All Ages   |
|                                  | Chair-Based Exercise ( <i>starts Tues 3rd Jan 2012</i> )               | Urmi + Lorraine           | 11.30 am - 12.30 pm   | Crypt Centre       | Time Bank All Ages   |
|                                  | Cookery Cooking on a Budget ( <i>starts 17<sup>th</sup> Jan</i> )      | Ricardo Janco             | 10.00 am – 12.30 pm   | Crypt Centre       | Housebound 60+       |
|                                  | Karaoke Club   | Self-Help group           | 11.30 am - 3.00 pm    | Crypt Centre       | TAP Members          |
|                                  | Community Café   | Time Bank Café Group      | 12.30 am – 2.00 pm    | H Pod              | Time Bank All Ages   |
|                                  | Bollywood Music & Singing  | Iffatara Khanam           | 1.00 pm – 3.00 pm     | Crypt Centre       | Time Bank All Ages   |
|                                  | Healthy Hearts Exercise (£1.40 will be collected)                      | Augusto Peres             | 3.00 pm – 4.00 pm     | Crypt Centre       | 50+                  |
| <b>W<br/>E<br/>D</b>             | Women's Health Club - Women's Gym                                      | Mariam/Philomena          | 9.45 am – 10.45 am    | Samuel Lithgow     | 50+                  |
|                                  | Women's Aerobics   | Mariam/Urmi               | 10.00.am – 11.00 am   | Samuel Lithgow     | 50+                  |
|                                  | Toning & Stretching & Women's Relaxation                               | Philomena Chacko          | 11.00 am – 12.30 noon | Samuel Lithgow     | 50+                  |
|                                  | Women's Health Talk  | Philomena + Guests        | 12.30 pm – 1.00 pm    | Samuel Lithgow     | 50+                  |
|                                  | Men's Health Club - Men's Gym  | Michael Rafferty          | 11.00 am – 12.00 pm   | Samuel Lithgow     | 50+                  |
|                                  | BINGO (6 games £2.00 + free raffle+ monthly big prize)                 | Callers Bridget & Edna    | 2.30 pm – 4.00 pm     | Crypt Centre       | 60+                  |
|                                  | Homework Club (key stage two)  | Wendy Benjamin            | 4.00 pm – 7.00 pm     | H Pod              | Time Bank 7 – 11 yrs |
| <b>T<br/>H<br/>U<br/>R<br/>S</b> | Time Bank Little Fingers Drop-In                                       | Shahanara & Mariam        | 10.00 am – 12.00 noon | H Pod              | Parents + Under 5s   |
|                                  | Women's Health Walk  | Greenlight Walk Leader    | 10.30 am – 12.30 pm   | Greenlight (start) | Women All Ages       |
|                                  | Men's Health Walk  | Greenlight Walk Leader    | 11.00 am – 1.00 pm    | Greenlight (start) | Men All Ages         |
|                                  | Third Age Drama  | Gary Kielty               | 10.30 am – 12.30 pm   | Crypt Centre       | 60+                  |
|                                  | Third Age Café ( <i>low cost meal ring for details</i> )               | Pam + volunteers          | 12.30 pm - 1.30 pm    | Crypt Centre       | TAP members          |
|                                  | Little Fingers Café  | Time Bank volunteers      | 12.30 pm – 1.-30 pm   | H Pod              | Time Bank parents    |
|                                  | Get Moving! (new) (dance Fitness for all ages)                         | Mariam Hassan             | 1.30 pm – 3.-00 pm    | Crypt Centre       | Time Bank All Ages   |
| <b>F<br/>R<br/>I</b>             | Crafts Club has new Jewellery Course ( <i>starts 20<sup>th</sup></i> ) | Hun Vee (new tutor)       | 10.30 am – 12.30 pm   | H Pod              | Time Bank All Ages   |
|                                  | English as a 2 <sup>nd</sup> Language (Level One)                      | Pravinder Jethwa          | 10.30 am – 12.30 pm   | H Pod              | Time Bank All Ages   |
|                                  | Community Café   | Time Bank Café Group      | 12.30 pm – 2.00 pm    | H Pod              | Time Bank All Ages   |
|                                  | Weekly Get Together & Country Dance Group                              | Mary Panton + Guests      | 2.00 pm – 4.00 pm     | H Pod              | 60+ & housebound     |
|                                  | Men's Social Group (cards, pool, darts)                                | Tom Boxall                | 12.30 pm – 4.30 pm    | Crypt Centre       | TAP Members          |
|                                  | Men's Explorers Club (new) meal at 1 pm                                | Laurie White (Age UK)     | 1.00 pm – 3.00 pm     | Crypt Centre       | All Men Welcome      |
|                                  | Homework Club + Street Dance Workshops                                 | Mariam & Mia              | 4.00 pm – 7.00 pm     | H Pod              | Time Bank 7 – 11 yrs |

