

# MILL RACE HALL April 2024 CALENDAR



Visit <https://www.family-action.org.uk/what-we-do/adult-mental-health-and-wellbeing/mill-race/>

Monday 1st April	Tuesday 2nd April	Wednesday	Thursday 4th April	Friday 5th April
Bank Holiday <b>Mill Race closed</b>	<b>AM</b> Karoake  <b>PM</b> Makaton Games	<b>CLOSED</b>	<b>AM NO SWIMMING</b> <b>No Lunch Needed</b> <b>Cooking for Lunch £6</b>  <b>PM</b> Zumba	<b>CLOSED</b>
Monday 8th April	Tuesday 9th April	Wednesday	Thursday 11th April	Friday 12th April
<b>AM</b> <b>GOGA Group 2</b> Tai Chi and Mindfulness <b>PM</b> Customer Meeting / Puzzles	<b>AM</b> Craft - Making Mobiles  <b>PM</b> Quiz	<b>CLOSED</b>	<b>AM NO SWIMMING</b> <b>Hazelwood Trip /</b> Nature Book Marks <b>PM</b> Wii Games / Board Games	<b>CLOSED</b>
Monday 15th April	Tuesday 16th April	Wednesday	Thursday 18th April	Friday 19th April
<b>AM</b> <b>GOGA Group 1</b> Memory Games <b>PM</b> Singing With Pam	<b>AM</b> <b>Tropical Discovery Workshop £3</b>  <b>PM</b> Bingo	<b>CLOSED</b>	<b>AM</b> <b>Swimming Group 2 £3</b> Fitness Fun <b>PM</b> Maths Matters - Money	<b>CLOSED</b>
Monday 22nd April	Tuesday 23rd April	Wednesday	Thursday 25th April	Friday 26th April
<b>AM</b> <b>GOGA Group 2</b> Paint Plant Pots <b>PM</b> <b>GlamRose Cake Van £6</b>	<b>AM</b> Life Skills  <b>PM</b> Chair Excercises	<b>CLOSED</b>	<b>AM</b> <b>Swimming Group 1 £3</b> Target Games <b>PM</b> Drama and Movement	<b>CLOSED</b>
Monday 29th April	Tuesday 30th April	Wednesday	Thursday 2nd May	Friday 3rd May
<b>AM</b> <b>GOGA Group 1</b> Seed Planting in Pots <b>PM</b> Storybox	<b>AM</b> <b>No Lunch Needed</b> <b>Cinema Club and</b> <b>Hot Dogs £3.50</b>  <b>PM</b> Line Dancing	<b>CLOSED</b>	<b>AM</b> <b>Swimming Group 2 £3</b> Paint by Numbers <b>PM</b> Name That Tune	<b>CLOSED</b>

Mill Race Phone line open 09:30AM to 16:30 PM 01249 811575 or 07716074915