

# MILL RACE Room 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> Pond Building / Design Your Own Garden <b>PM</b> Quiz	<b>CLOSED</b>	<b>AM NO SWIMMING</b> <b>No Lunch Needed</b> <b>Cooking for Lunch £6</b> <b>PM</b> Zumba	<b>AM</b> Word Activities <b>PM</b> Drumming
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> Storybox	<b>CLOSED</b>	<b>AM NO SWIMMING</b> <b>Hazelwood Trip /</b> Nature Book Marks <b>PM</b> Wii Games / Board Games	<b>AM</b> <b>Baking £1</b> <b>PM</b> Shopping Game / Golden Oldies
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> Bug Bingo	<b>CLOSED</b>	<b>AM</b> <b>Swimming Group 2 £3</b> Fitness Fun <b>PM</b> Maths Matters - Money	<b>AM</b> Painting Pots <b>PM</b> Charades
Monday 22nd April	Tuesday 23rd April	Wednesday	Thursday 25th April	Friday 26th April
<b>AM</b> <b>GOGA Group 2</b> Comprehension Fun <b>PM</b> <b>GlamRose Cake Van £6</b>	<b>AM</b> Life Skills <b>PM</b> Guess Who I Am Disney	<b>CLOSED</b>	<b>AM</b> <b>Swimming Group 1 £3</b> Target Games <b>PM</b> Drama and Movement	<b>AM</b> Gardening / Seed Planting in Decorated Pots <b>PM</b> Pool Table / Darts / Games
Monday 29th April	Tuesday 30th April	Wednesday	Thursday 2nd May	Friday 3rd May
<b>AM</b> <b>GOGA Group 1</b> Makaton Games <b>PM</b> Karaoke	<b>AM</b> Super Science <b>PM</b> Hamma Beads / Shopping Group	<b>CLOSED</b>	<b>AM</b> <b>Swimming Group 2 £3</b> Paint by Numbers <b>PM</b> Name That Tune	<b>AM</b> <b>No Lunch Needed</b> <b>Cinema Club and</b> <b>Hot Dogs £3.50</b> <b>PM</b> Line Dancing

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