

Adult Weekly Activities Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
Morning	Keep Fit and Relax 11.00am-12.00pm	Craft Group 11.00am-12.00pm	Keep Fit and Relax 10.00am-11.00am	Enterprise Project 10.00am-1.00pm	Tasty Days 11.00am-1.30pm	
Lunch	12.00pm-1.00pm	12.00pm-1.00pm				
Afternoon	Healthy You 1.00pm-3.00pm	Tuesday Group 12.45pm-2.30pm Cycling Ready 2 Work Scheme coming soon!	We Can Do Anything Wednesday 10.00am-4.00pm		Create 2.00pm-4.00pm Coming Soon! Friday Sports 4.30pm-6.30pm	SUNDAY ActAbles Drama Group Advanced 1.00pm-3.00pm Intermediate 3.00pm-5.00pm
Evening	Woking+ Social Group 5pm - 9pm	High Notes Choir Camberley 7.15pm-8.15pm Transport provided from Woking	SHMOU Camberley 6pm-9pm	Chill Out Wednesday 7pm - 9pm	MOP Social Group 6pm-9pm	Mayhem Club Night (every other month) 7pm - 11pm

All groups run in Woking unless specified otherwise
Please call 01483 770037 or email jamie.evans@linkable.org.uk for more information!