



'No Limits' daytime timetable

Hobby Club (Friday): Sep – Oct 2024



Date and time	Activity and venue	Details and cost
<p>6th September 10am – 4pm</p>	  	<p>Exercise, art, cooking and dance. Theme: Art Lunch: Wraps £40</p>
<p>13th September 10am – 4pm</p>	  	<p>Exercise, art, cooking and dance. Theme: Portraits Lunch: Cheesy Veggie Pasta £40</p>
<p>20th September 10am – 4pm</p>	  	<p>Exercise, art, cooking and dance. Theme: Sports Lunch: Jacket Potatoes £40</p>
<p>27th September 10am – 4pm</p>	   	<p>Exercise, art, cooking and dance. Theme: Myths and legends Lunch: Corned beef hash or cheese and onion bake £40</p>
<p>4th October 10am – 4pm</p>	  	<p>Exercise, art, cooking and dance. Theme: Drama Lunch: Naan bread pizzas £40</p>
<p>11th October 10am – 4pm</p>	  	<p>Exercise, art, cooking and dance. Theme: Mindfulness Lunch: Chicken or veggie curry £40</p>
<p>18th October 10am – 4pm</p>	  	<p>Exercise, art, cooking and dance. Theme: Animals Lunch: Cheese or ham sliders £40</p>
<p>25th October 10am – 4pm</p>	  	<p>Exercise, art, cooking and dance. Theme: Colours – dress in colourful clothes! Lunch: Cottage pie £40</p>

