

Activities in June

Booking is essential;
01243 888691
sagehouse.org
Donations welcome.



Week 1

Thursday 1st June	10 - 11am Chatter Tables	11am - 12pm Chairobics	
Friday 2nd June	10 - 11am Chatter Tables	11am - 12pm Mindfulness Yoga with Paul	2 - 3pm Singing for the Soul

Week 2

Monday 5th June	10 - 11am Chatter Tables	11 - 12pm Move It	2 - 3pm Singing for the Soul
Tuesday 6th June	10 - 11am Chatter Tables	11 - 12pm Memory Lane (reminiscence)	2 - 3:30am Painting for Fun with David
Wednesday 7th June	10 - 11am Chatter Tables	10.30- 12pm Watercolour Painting	2pm - 3pm Bingo
Thursday 8th June	10 - 11am Chatter Tables	11am - 12pm Chairobics 10am - 12pm Knit & Natter	
Friday 9th June	10 - 11am Chatter Tables	11am - 12pm Hanging baskets/pots	2 - 3pm Singing for the Soul

Week 3

Monday 12th June	10 - 11am Chatter Tables	11 - 12pm Move It	2 - 3pm Singing for the Soul
Tuesday 13th June	10 - 11am Chatter Tables	11 - 12pm Memory Lane (theatre)	2 - 3:30am Painting for Fun with David
Wednesday 14th June	10 - 11am Chatter Tables	11- 12pm Painting with Emma	2pm - 3pm Bingo
Thursday 15th June	10 - 11am Chatter Tables	11am - 12pm Chairobics with Emma 10am - 12pm Knit & Natter	
Friday 16th June	10 - 11am Chatter Tables	11am - 12pm SPORTS DAY	2 - 3pm SPORTS DAY

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Week 4

Monday 19th June	10 - 11am Chatter Tables	11 - 12pm Move It	2 - 3pm Singing for the Soul
Tuesday 20th June	10 - 11am Chatter Tables	11 - 12pm Memory Lane (reminiscence)	2 - 3:30am Painting for Fun with David
Wednesday 21st June	10 - 11am Chatter Tables	10.30- 12pm Watercolour Painting	2pm - 3pm Bingo
Thursday 22nd June	10 - 11am Chatter Tables	11am - 12pm Move it 10am - 12pm Knit & Natter	
Friday 23rd June	10 - 11am Chatter Tables	11am - 12pm Hanging Baskets/Pots	2 - 3pm Singing for the Soul

Week 5

Monday 26th June	10 - 11am Chatter Tables	11 - 12pm Move It	2 - 3pm Singing for the Soul
Tuesday 27th June	10 - 11am Chatter Tables	11 - 12pm Memory Lane (theatre)	2 - 3:30am Painting for Fun with David
Wednesday 28th June	10 - 11am Chatter Tables	11- 12pm Painting with Emma	2pm - 3pm Bingo
Thursday 29th June	10 - 11am Chatter Tables	11am - 12pm Chairobics 10am - 12pm Knit & Natter	
Friday 30th June	10 - 11am Chatter Tables	11am - 12pm Mindfulness Yoga with Paul	2 - 3pm Sage House Quiz with Peter Danks

