

Online Activities during Easter Bank Holiday 2020

Good Friday - 10 April 2020		Easter Monday – 13 April 2020	
Time	Activity	Time	Activity
10.30am-11am	Coffee Morning Lenny & Kathy	10.30am-11am	Coffee Morning John & Christine
11am-12pm	Peer Support Parvin & Allen	1pm-1.30pm	Quiz group John & Christine
1pm-1.30pm	Men's group John & Michael	1pm-1.40pm	Seated Exercise Jayne & Nicola
1.45pm-2.15pm	Mindful Meditation Lenny & Anna	2pm-2.30pm	Crafts at Home Taryn & Lenny
		3.30pm-4pm	Covid-19 Fears and Facts Quiz Marcia & Parvin