


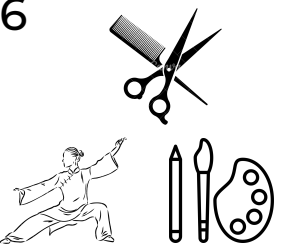









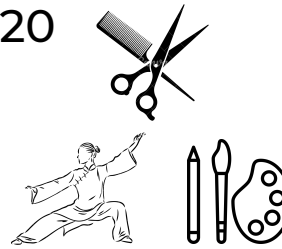







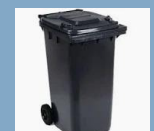

















Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 	2 	3	4 	5
6 	7 	8 	9 	10	11	12
13 	14 	15 	16 	17 	18 	19
20 	21 	22 	23 	24	25	26
27 	28 	29 	30 	31	**Bins - Tuesday for Whitebridge area 	

- key**
-  Moving About - 10.30am
 -  Coffee Morning - 10.30am
 -  Cinema Club - 2pm
 -  Footcare - By appointment
 -  Midweek Mingle 10.30am
 -  Broth n' Blether - 12pm
 -  Tai Chi - 10am
 -  Hair by Aileen - by appointment
 -  Book Club - 7pm
 -  Art Club - 2-4pm and 6-8pm
 -  Wendy Hope wellbeing - by appointment
 -  L.C Beauty - by appointment
 -  Vaccination clinic by appointment
 -  BCC Summer Party 12-4pm
 -  Menopause cafe 6-7pm

July 2026