**February 2020**

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| --- | --- | --- | --- | --- | --- |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat/Sun** |
|  |  |  |  |  | 1 & 2 |
|  |  |  |  |  |  |
| 3 | 4 | 5 | 6 | 7 | 8/9 |
| Computer help1pm-3pm | **Peer get together**1pm Guitar Group – for Intermediate players2pm Tai Chi Group |  | Dance & Movement11am -12pmLotus Art Group 1pm - 3pm | Mindful Movement9.45am-11.15am |  |
| 10 | 11 | 12 | 13 | 14 | 15/16 |
| Computer help1pm-3pm | **Peer get together**Pamper Session2pm Tai Chi Group |  | Dance & Movement11am -12pmLotus Art Group 1pm - 3pm | Mindful Movement9.45am-11.15am |  |
| 17 | 18 | 19 | 20 | 21 | 22 & 23 |
| Computer help1pm-3pm | **Peer get together**Music Tuesday2pm Tai Chi Group |  | Dance & Movement11am -12pmLotus Art Group 1pm - 3pm | Mindful Movement9.45am-11.15am |  |
| 24 | **25** | 26 | 27 | 28 | 29 & 30 |
| Creative Writing10am – 12pmComputer help1pm-3pm | **Peer get together**Guest Speaker2pm Tai Chi Group |  | Dance & Movement11am -12pmLotus Art Group 1pm - 3pm | Mindful Movement9.45am-11.15am |  |