**Wednesday Club April – July Schedule 2024**

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** Wednesday 10.00am-11.30am**

**At Martock Parish Hall**

50p donation to cover cost of refreshments.

You’re welcome to join in the activities - if you like, or not – it’s a relaxed affair!

**We will open with a 10 min relaxation session. 9.45am**

**17th April Gardening –** planting up some planters

**24th April Wii- fit**

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**1st May Quiz – nature related!**

**8th May Photo Competition;** submit your best photo (up to three per person) on the theme – Martock - anything from place, people, nature, quirks, home - whatever it means to you. Send to Naomi’s email or whatsapp by Monday 6th.

**15th May Skittles/badminton (something sporty!)**

**22nd May Clay –** try your hand at making a pot or anything you fancy with clay…!

**29th May National BBQ day –** weather-permitted, share in a BBQ

**5th June Film**

**12th June Healthy Eating Week –** Discussion and taste-testing some health foods

**19th June Future-planning, goal-setting, courses for wellbeing…** Will see if can connect with the team from the Job Centre

**26th June Sports Day!** Join in some silly, accessibly vaguely sporty activities!

**3rd July Alcohol Awareness Week.** Discussion on healthy drinking, it’s role in our lives and alternative summer refreshment!

**10th July Wednesday Club Outing –** Will look at whether we can get a minibus and head out for a walk and refreshments.

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**17th July Tai – Chi –** Gentle exercise for physical and mental well-being.

**Naomi Gass** (Community Support Coordinator)

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