**Wednesday Club April – July Schedule 2024**

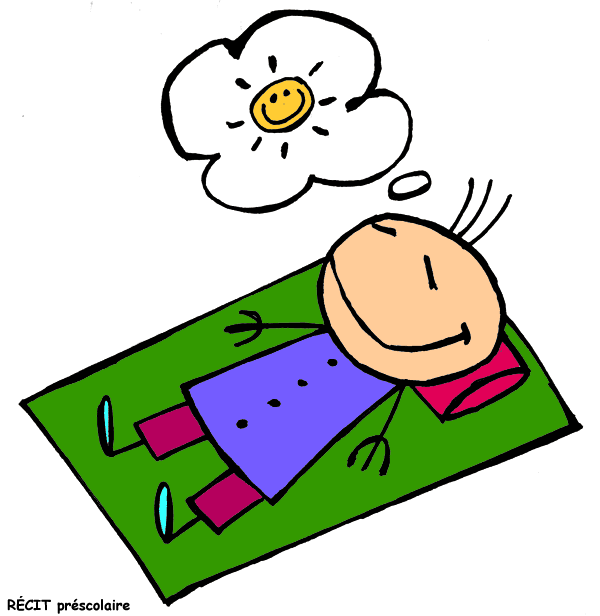
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** Wednesday 10.00am-11.30am**

**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!**

**A bowling pins with yellow stars

Description automatically generated8th 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!)**

A grill with food on it

Description automatically generated**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

**A black and white film strip

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

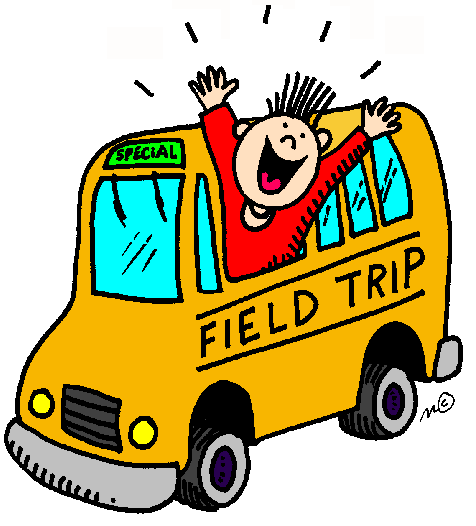
**19th June Future-planning, goal-setting, courses for wellbeing…** Will see if can connect with the team from the Job Centre

A colorful drink in a glass

Description automatically generated**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.

**[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiW88qT2c3YAhVqCcAKHdmAADoQjRwIBw&url=http://www.martockonline.co.uk/Pages/54/Martock-Parish-Council.html&psig=AOvVaw2T95Irngb8POJBCs5yev8P&ust=1515684008809998)Naomi Gass** (Community Support Coordinator)

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