

WEEKLY TIMETABLE

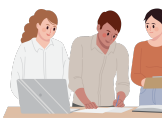
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July 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Session (09:30 – 11:00)	Community Outings Learning & Leisure	Learning & Leisure Cookery/Healthy Living Art & Creativity	Learning & Leisure Cookery/Healthy Living Art & Creativity Cathedral Garden Group	Art & Creativity Gardening Learning & Leisure Shopping Trip	Cookery/Healthy living Creative Projects Friday Fitness
					
Break	Break	Break	Break	Break	Break
Morning Session (11:15 - 12:30)	Community Outings Learning & Leisure	Learning & Leisure Cookery/Healthy Living	Learning & Leisure Cookery/Healthy Living Art & Creativity	Art & Creativity Gardening Learning & Leisure	Cookery/Healthy living Creative Projects
					
Lunch Break	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon Session (13:00 – 14:00)	Community Outings Learning & Leisure	Computers for Fun Walking/Yoga Group	Learning & Leisure Cookery/Healthy Living Art & Creativity	Baking Computers for Fun	Games/Yoga/Body Boogie
					
Break	Break	Break	Break	Break	Break
Afternoon Session (14:15 – 15:30)	Community Outings Learning & Leisure	Computers for Fun Walking/Yoga Group	Computers for Fun Out & About Group Music	Baking Computers for Fun	Games/Yoga/Body Boogie
					
Home Time 15:30	Home Time 15:30	Home Time 15:30	Home Time 15:30	Home Time 15:30	Home Time 15:30

Further Information:

Community Outings: A different venue/activity each week. including Cinema, Bowling, Boat trips, Museums and special events.

Learning & Leisure: Not everyone wants to participate in timetabled activities. Therefore we offer individual and group projects.

Computers for fun: Using the computers for learning and leisure, accessing the internet, email and searching for project information. Access to the I.T suite is also available when groups are not in session.

Art & Creativity Groups: Providing a different craft activity each session. Projects vary from week to week and time of year.

Some groups may be fully subscribed, spaces will be allocated as they become available. Alternative activities will be offered.