



# ACTIVITY TIMETABLE December 2025

MON	TUE	WED	THU	FRI	SAT	SUN	
<p>1 1.00 - 2.00 pm Strum &amp; Sing-Along (all abilities)</p> <p>3.00 - 4.00 pm Silk Painting</p>	<p>2 11.00 am - 1.00 pm Staff Team Meeting 11.30 am - 1.00 pm Creative Songwriting 3.30 - 4.30 pm My Music &amp; Me</p>	<p>3 11.00 am - 1.00 pm Confidence through Drama</p>	<p>4 7.00 - 8.30 pm Member Scrabble Club</p>	<p>5 3.00 - 4.00 pm Creative Writing</p> <p>7.30 - 9.00 pm Member Board Games</p>	<p>6 2.30 - 3.30 pm Mindful Drawing</p>	<p>7 11.00 am - 1.00 pm Creating Music</p> <p>7.30 - 9.00 pm Sunday Wind Down (Quiet Zone)</p>	
<p>8 1.00 - 2.00 pm Strum &amp; Sing-Along (all abilities)</p>	<p>9 11.30 am - 1.00 pm Creative Songwriting (Book 1-1 slot) 12.00 - 2.00 pm Spider Sings (Spider HQ)</p>	<p>10 11.00 am - 1.00 pm Confidence through Drama</p>	<p>11 7.00 - 8.30 pm Member Scrabble Club</p>	<p>12 7.30 - 9.00 pm Member Board Games</p>	<p>13 3.30 - 4.15 pm Guided Imagery</p>	<p>14 11.00 am - 1.00 pm Creating Music</p> <p>2.30 - 4.00 pm Free to Be (Peer Group)</p> <p>7.30 - 9.00 pm Sunday Wind Down (Quiet Zone)</p>	
<p>15 1.00 - 2.00 pm Strum &amp; Sing-Along (all abilities)</p> <p>3.00 - 4.00 pm Silk Painting</p>	<p>16 11.30 am - 1.00 pm Creative Songwriting (Book 1-1 slot) 12.00 - 2.00 pm Spider Sings (Spider HQ) 3.30 - 4.30 pm My Music &amp; Me</p>	<p>17 11.00 am - 1.00 pm Confidence through Drama</p>	<p>18 3.30 - 4.30 pm Workshop: Festive Feelings? 7.00 - 8.30 pm Member Scrabble Club</p>	<p>19 3.00 - 4.00 pm Creative Writing</p> <p>7.30 - 9.00 pm Member Board Games</p>	<p>20 3.00 - 5.00 pm Compañeros Festive Quiz</p>	<p>21 1.00 am - 1.00 pm Creating Music</p> <p>7.30 - 9.00 pm Sunday Wind Down (Quiet Zone)</p>	
<p>22 1.00 - 2.00 pm Strum &amp; Sing Along Open Mic Prep 3.00 - 4.30 pm Compañeros Christmas Open Mic</p>	<p>23 12.00 - 2.00 pm Spider Sings (Spider HQ)</p>	<p>24 5.00 - 7.00 pm Christmas Eve Hot Choc &amp; Chill</p>	<p>25 3.30 - 5.30 pm Christmas Day Afternoon Tea</p>	<p>26 2.00 - 4.00 pm Boxing Day Board Games &amp; Buffet</p>	<p>27 3.30 - 4.15 pm Guided Imagery</p>	<p>28 11.00 am - 1.00 pm Creating Music</p> <p>2.30 - 4.00 pm Free to Be (Peer Group)</p> <p>7.30 - 9.00 pm Sunday Wind Down (Quiet Zone)</p>	
<p>29 1.00 - 2.00 pm Strum &amp; Sing-Along (all abilities)</p>	<p>30 12.00 - 2.00 pm Spider Sings (Spider HQ) 3.30 - 4.30 pm My Music &amp; Me</p>	<p>31 3.30 - 4.15 pm Guided Imagery</p>	<p>Drop-In</p> <p>Mon 2.00 - 3.00 pm: Involve North West</p> <p>Tue 1.00 - 4.00 pm: Citizen's Advice First Aid (for those with lived experience of difficulties with alcohol/substance use.)</p>				<p>28 11.00 am - 1.00 pm Creating Music</p> <p>2.30 - 4.00 pm Free to Be (Peer Group)</p> <p>7.30 - 9.00 pm Sunday Wind Down (Quiet Zone)</p>

