

Day	Morning (AM)	Afternoon (PM)
Monday	Healthy Soups and Seasonal Lunches	Healthier Life, Healthier Me
	Ready Steady Cook – Around the World!	Money Enterprise: Baking
	The Story Group	Creative Computers: Films, Photography and Animation*
Tuesday	Craft Enterprise	Craft Enterprise
	Magic of the Musicals	Dancing Hands and Musical Favourites
	Skills for Independence: Looking After my Home	Skills for Independence: Practical Living Skills
	Explorers Club (<i>All-day group</i>)	
Wednesday	Arts and Crafts	Arts and Crafts
	Top of the Pops with Chair Dancing	Rock and Pop
	HS4LC Newsletter Group*	Creative Computers: Desktop Publishing*
	Gym and Fitness	Gym and Fitness
Thursday	Dance and Drama (<i>All-day group</i>)	
	Allotment: Plot to Plate (<i>All-day group</i>)	
	Swimming and Fitness	Gym and Fitness
		The 1 in 100 Group (<i>1.00 – 3.00pm</i>)
	Skills Bridge: Supported Internship Programme (<i>All-day group</i>)	
Friday	Film Club	Games Group
	Enterprise: Chocolate Heaven	Mixed Media Crafts
	Skills for Independence: Cooking	Skills for Independence: Cooking
	Gym and Fitness	Gym and Fitness

Day	Extra activities
Weekly	Musical Instrument ½ hr 1:1 lesson (<i>appointments bookable – various times to suit</i>)
Wednesday	Gym Drop-in (<i>9.00 - 10.00am or 3.00 - 5.00pm</i>)
Thursday	Gym Drop-in (<i>9.00 - 10.00am or 3.00 - 5.00pm</i>)
	Thursday Evening Social
Friday	Gym Drop-in (<i>9.00 - 10.00am</i>)

*Sorry not wheelchair accessible



01423 593719



skills@hs4lc.org.uk



www.hs4lc.org.uk

No.9
North Park Road
Harrogate HG1 5PD