

January to Easter
Young at Heart Club

Marian Centre
West Kilburn

Wednesday 12.30pm-3pm

January 10th New Year's Gathering

January 17th Chair based exercises-Pauline

January 24th Spring Flower Display and planting bulbs

January 31st Free Health MOT and Wellbeing afternoon

February 7th Spring Quiz Afternoon

Chinese New Year Meal in Chinese Restaurant

February 14th Ash Wednesday Mass followed by Valentine Craft

February 21st Keep on Moving-Maggie

February 28th 1940's afternoon with music and dancing-Mickey

March 7th Kew Gardens Trip

March 14th St Patrick's Day Celebrations-Variety Productions

March 16th-19th Group Trip to Blackpool, the Lakes and Liverpool

March 21st Easter Craft-Terry, Paula and James

March 28th Easter Reflection and Party

April 4th No Club-Easter Break

April 11th Club Re-opens