



for physical & mental wellbeing

01227 788 211 --- office@takeoff.works --- www.takeoff.works

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
		12:00 Northgate Cooking	6:30 ASD group	11:00 Northgate Computers 2:30 Bipolar group 4:00 Cycle Recycle Riverside youth centre		PSCG
7	8	9	10	11	12	13
		12:00 Northgate Cooking	2:30 Yoga Ashford Live Well Centre 6:30 Depression group	11:00 Northgate Computers 4:00 Cycle Recycle Riverside youth centre	10:00 Gardening Canterbury	PSCG
14	15	16	17	18	19	20
12:30 Womens' Creative group 4:00 Young PS Group	11:00 BPD group	12:00 Northgate Cooking		11:00 Northgate Computers 2:30 Bipolar group 4:00 Cycle Recycle Riverside youth centre		PSCG
21	22	23	24	25	26	27
		12:00 Northgate Cooking	2:30 Yoga Ashford Live Well Centre 6:30 Depression group	11:00 Northgate Computers 4:00 Cycle Recycle Riverside youth centre	10:00 Gardening Canterbury	PSCG
28	29	30	31			
12:30 Creative group		12:00 Northgate Cooking				