



Mondays; Relaxation Sessions 9.45am to 11.15am
'Moods' East Street Havant

Tuesdays Bowling and Pool 1.45pm to 3.15pm
Bowlplex Bedhampton £1 bowling 50p pool

Wednesdays Petersfield Drop in Resource 1.30pm to 4pm
Courtyard Room Winton House High Street Petersfield

Thursday At Leigh Park Community Centre

- Tai Chi Relaxation with gentle exercise 10.15am to 11.15
- Womens Group Tea , Biscuits and Chat 11.15am to 12.15pm

Thursday Art Group Find your creative talent 1.15pm to 3.15pm
Staunton Country Park

Friday Mens Pool Group 11am to 12 noon
Bowlplex Bedhampton

Friday Badminton Havant Leisure Centre 2pm to 3pm

Saturday Drop in Group 10am to 12noon
Havant Pastoral Centre , Petersfield road