	10am	11am	12pm	1pm	2pm	2.30pm	3pm	3.30pm	4pm	5pm	6pm	7pm
Monday		Craft Group			Creative Expression							
		Qi Gong Yoga	Gathering			Drumming Group						
		Breathlessness Group			Boccia Group							
		Reflexology (appointments only)										
		Massage		Reiki (appointments only)								
Tuesday		Craft Group			Music Expression Group						Choir Group	
			Gathering		Watercolour Group							
	Hand/Body massage				Gym Group							
		Reiki				Massage						
Wednesday		Craft Group								Treasured Textiles Bereavement Group		
		Body Percussion Group			Gym Group							
	Reiki				Yoga							
			Gathering									
Thursday	Heart Failure Clinic											
		Osteopathy			Bach Flower Remedies							
		Oil Painting			Acupuncture (once a month)							
		Fatigue Management	Gathering									
Friday		Watercolour			Relaxation							
		Reflexology										
		Seated Exercise Group	Gathering									
		Massage										