



# MAY 2010

## RUSHEY GREEN TIME BANK

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| SATURDAY  | SUNDAY    | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|-----------|-----------|---|--|---|---|--|
| <b>1</b>  | <b>2</b>  | <b>3</b><br><i>May Day Bank Holiday - office closed</i>   | <b>4</b><br><b>Chair Exercise</b><br>09.45 – 10.45   | <b>5</b><br><b>French Group</b><br>11.00 – 12.00<br><b>Tea &amp; Chat</b><br>2.00 – 4.00  | <b>6</b><br><b>Parent &amp; Baby</b><br>10.00 – 12.00<br><b>Walking Group</b><br>11.00-12.00  | <b>7</b>   |
| <b>8</b>  | <b>9</b>  | <b>10</b><br><b>Art Expression Group</b><br>10.00 – 11.00 | <b>11</b><br><b>Chair Exercise</b><br>09.45 – 10.45  | <b>12</b><br><b>French Group</b><br>11.00 – 12.00<br><b>Tea &amp; Chat</b><br>2.00 – 4.00 | <b>13</b><br><b>Parent &amp; Baby</b><br>10.00 – 12.00<br><b>Walking Group</b><br>11.00-12.00 | <b>14</b><br><b>Poetry Group</b><br>10.30 – 12.30<br><b>Gardening project at Nexus</b><br>2-4.30pm |
| <b>15</b> | <b>16</b> | <b>17</b><br><b>Art Expression Group</b><br>10.00 – 11.00 | <b>18</b><br><b>Chair Exercise</b><br>09.45 – 10.45  | <b>19</b><br><b>French Group</b><br>11.00 – 12.00<br><b>Tea &amp; Chat</b><br>2.00 – 4.00 | <b>20</b><br><b>Parent &amp; Baby</b><br>10.00 – 12.00<br><b>Walking Group</b><br>11.00-12.00 | <b>21</b>  |
| <b>22</b> | <b>23</b> | <b>24</b><br><b>Art Expression Group</b><br>10.00 – 11.00 | <b>25</b><br><b>Chair Exercise</b><br>09.45 – 10.45  | <b>26</b><br><b>Drop-In</b><br>10.30-11.30  | <b>27</b><br><b>Parent &amp; Baby</b><br>10.00 – 12.00<br><b>Walking Group</b><br>11.00-12.00 | <b>28</b>  |
| <b>29</b> | <b>30</b> | <b>31</b><br><i>Spring Bank Holiday - office closed</i>   | <b>Chair Exercise:</b> Room 21 RGTB; Cost 1 Credit (non-members £1)<br><b>Parent &amp; Baby:</b> Ladywell Children Centre; Cost 2 Credits (non-member £1)<br><b>French Group:</b> Room 21 RGTB; Cost 1 Credit;<br><b>Tea &amp; Chat:</b> Room 21 RGTB; Earn 1 Credit;<br><b>Art Group:</b> Room 21 RGTB; Cost 1 Credit<br><b>Drop-In Coffee Morning:</b> the M-Eating Place, Rushey Green Earn 1 Credit<br><b>Walking group :</b> Main reception, Lewisham Hospital; Earn 1 Credit |   |   |  |