

**Weekly Planner (2019)**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9.00am</b>	<b>Cooking</b>	<b>Swimming</b>	<b>Hero's Journey - brain injury education</b>	<b>Workshop Group (EIT Workshop)</b>	<b>Women's Group</b>
<b>10.00am</b>	<b>Woodturning (Hastings)</b>	<b>Stroke Men's Group 10.00am</b>	<b>Social Club (fortnightly or as required)</b>		<b>TBI Men's Group</b>
		<b>Morning</b>		<b>Break</b>	
<b>10.30am</b>	<b>Woodturning (Hastings)</b>	<b>Stroke Men's Group</b>	<b>Aphasia Project Team</b>	<b>Clay/Ceramics (EIT - D Block)</b>	<b>Women's Group</b>
<b>12.00</b>			<b>Art (EIT - D Block)</b>		<b>TBI Men's Group</b>
		<b>Lunch</b>			
<b>1.00pm</b>	<b>Cognitive Challenge</b>	<b>Confident Communication</b>	<b>Game Train</b>	<b>Gym (Pettigrew Green Arena)</b>	<b>Sports (Hastings Sports Stadium Railway Road)</b>
<b>2.00pm</b>		<b>Gym (Pettigrew Green Arena)</b>			
<b>3.00pm</b>	<b>Cognitive Challenge</b>	<b>Gym</b> <b>Weekly staff meeting 3.00pm</b>	<b>Game Train</b>	<b>Gym</b>	<b>Sports</b>

**Individual client programmes run throughout each day.**