January	2025			
Mon	Tue	Wed	Thu	Fri
		1 Half Term New Year's Day	2 Half Term	3 Half Term
6 10am: Kintsugi @ PQ Hub 11am: Yoga @ Hull Yoga Studio 1pm: Calligraphy @ PQ Hub	7	8 10am: Tai Chi @ PQ Hub 10am: Silent Book Club @ Brew 1pm: Journalling @ PQ	9 2pm: Boxing @ Vulcan	10
13 10:30am: Kintsugi @ NBL 11am: Yoga @ Hull Yoga Studio 11am: Wellbeing Walk @ Bridlington Spa 1pm: Silent Book Club @ Coffee Luxe 1:30pm: Calligraphy @ NBL	14 10am: Photography @ Bridlington South Beach 1pm: Gather & Game / Lego @ PQ Hub	15 10.30am: Wellbeing Through Creativity @ OPO 10am: Tai Chi @ PQ Hub	16 10:30am: Multisport Bridlington @ CYP 2pm: Boxing @ Vulcan	17 10:30am: Journalling @ NBL 1:30pm: Tai Chi @ NBL
20 10am: Kintsugi @ PQ Hub 11am: Yoga @ Hull Yoga Studio 1pm: Calligraphy @ PQ Hub	21 10am: Photography JC @ West Park Hull 1pm: Gather & Game / Lego @ PQ Hub	22 10am: Silent Book Club @ Brew 10.30am: Wellbeing Through Creativity @ OPO 10am: Tai Chi @ PQ Hub 1pm: Journalling @ PQ Hub	23 10:30am: Multisport Bridlington @ CYP 2pm: Boxing @ Vulcan	24 1:30pm: Tai Chi @ NBL
27 11am: Yoga @ Hull Yoga Studio 1pm: Silent Book Club @ Coffee Luxe 1:30pm: Calligraphy @ NBL	28 10am: Photography @ Bridlington North Beach 1pm: Gather & Game / Lego @ PQ Hub	29 10.30am: Wellbeing Through Creativity @ OPO 10am: Tai Chi @ PQ Hub AE	30 10:30am: Multisport Bridlington @ CYP 2pm: Boxing @ Vulcan	31 10:30am: Journalling @ NBL 11am: Kickstart Football @ Active+ 1pm: Wellbeing Through Creativity @ Ferens 1:30pm: Tai Chi @ NBL

MonTueWedThuFri3456710am: Kintsugi @ PQ HubDam: Photography @ Pckering Park Hull Lim: Seater & Game/ poing Studio Hub ArianDam: Sintsugi @ PQ Hub Ac Imm: Caligraphy @ PQDam: Sintsugi @ PQ Hub Ac Imm: Caligraphy @ PQDam: Sintsugi @ PQ Hub Ac Imm: Caligraphy @ PQ11 am: Kickstart Football Prevace Imm: Caligraphy @ PQ12 am: Yold @ PAL Hub Ac Imm: Caligraphy @ PQ12 am: Yold @ PAL Hub Ac Imm: Caligraphy @ PQ13 am: Yold @ PAL Hub Ac Imm: Caligraphy @ PQ10.30am: Yold @ PAL Hub Ac Imm: Caligraphy @ PQ10.30am: Yold @ PAL Hub Ac Imm: Caligraphy @ PQ10.30am: Yold @ PAL Hub Ac Imm: Caligraphy @ PQ13 am: Yold @ PAL Hub Ac Imm: Tal Chi @ PQ Hub Ac13 am: Yold @ PAL Hub Ac Imm: Tal Chi @ PQ Hub Ac13 am: Yold @ PAL Hub Ac Imm: Tal Chi @ PQ Hub Ac10.30am: Multisport Hub Ac Imm: Tal Chi @ PQ Hub Ac13 am: Yold Wal Ham: Yold Yold Wal Prevance11 am: Yold Yold Wal Ham: Yold Yold Wal Imm: Yold Yold Wal Prevance11 am: Yold Yold Wal Ham: Yold Yold Wal Prevance12 am: Yold Yold Wal Ham: Yold Yold Wal Prevance12 am: Yold Yold Wal Yold Yold Wal Prevance12 am: Yold Yold Wal Yold Yold Wal Prevance12 am: Yold Yold Yold Yold Yold Yold Yold Yold	February	2025			
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@ Hull Marina ^ Ipm: Calligraphy @ PQ HubImm: Journalling @ PQ HubImm: Journalling @ PQ HubImm: Source Character Char	Yoga Studio		10am: Tai Chi @ PQ	2pm: Boxing @ Vulcan	Through Creativity @
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					1:30pm: Tai Chi @ NBL

March	2025			
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10am: Kintsugi @ PQ Hub 11am: Yoga @ Hull Yoga Studio 11am: Wellbeing Walk @ Bridlington Spa 1pm: Calligraphy @ PQ Hub	10am: Photography JC @ West Park Hull 1pm: Gather & Game / Lego @ PQ Hub	10.30am: Wellbeing Through Creativity @ OPO 10am: Tai Chi @ PQ Hub 1pm: Journalling @ PQ Hub	10:30am: Multisport Bridlington @ CYP 2pm: Boxing @ Vulcan	11am: Kickstart Football @ Active+ 1pm: Wellbeing Through Creativity @ Ferens 1:30pm: Tai Chi @ NBL
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17	18	19	20	21
10am: Kintsugi @ PQ Hub 11am: Yoga @ Hull Yoga Studio 1pm: Calligraphy @ PQ Hub	10am: Photography @ Pickering Park Hull 1pm: Gather & Game / Lego @ PQ Hub	10.30am: Wellbeing Through Creativity @ OPO 10am: Tai Chi @ PQ Hub 1pm: Journalling @ PQ Hub	10:30am: Multisport Bridlington @ CYP 2pm: Boxing @ Vulcan	11am: Kickstart Football @ Active+ 1pm: Wellbeing Through Creativity @ Ferens 1:30pm: Tai Chi @ NBL
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April	2025			
Mon	Tue	Wed	Thu	Fri
31 10am: Kintsugi @ PQ Hub 11am: Yoga @ Hull Yoga Studio 1pm: Calligraphy @ PQ Hub	1 10am: Photography @ East Park Hull 1pm: Gather & Game / Lego @ PQ Hub	2 10.30am: Wellbeing Through Creativity @ OPO 10am: Tai Chi @ PQ Hub 1pm: Journalling @ PQ Hub	3 10:30am: Multisport Bridlington @ CYP 2pm: Boxing @ Vulcan	4 11am: Kickstart Football @ Active+ 1pm: Wellbeing Through Creativity @ Ferens 1:30pm: Tai Chi @ NBL
7 10:30am: Kintsugi @ NBL 11am: Yoga @ Hull Yoga Studio 1:30pm: Calligraphy @ NBL	8 10am: Photography @ Bridlington North Beach 1pm: Gather & Game / Lego @ PQ Hub	9 10.30am: Wellbeing Through Creativity @ OPO 10am: Tai Chi @ PQ Hub	10 10:30am: Multisport Bridlington @ CYP 2pm: Boxing @ Vulcan	11 10:30am: Journalling @ NBL 11am: Kickstart Football @ Active+ 1pm: Wellbeing Through Creativity @ Ferens 1:30pm: Tai Chi @ NBL