

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

February 2025

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>10am: Kintsugi @ PQ Hub</p> <p>11am: Yoga @ Hull Yoga Studio</p> <p>11am: Wellbeing Walk @ Hull Marina</p> <p>1pm: Calligraphy @ PQ Hub</p>	<p>4</p> <p>10am: Photography @ Pickering Park Hull</p> <p>1pm: Gather & Game / Lego @ PQ Hub</p>	<p>5</p> <p>10.30am: Wellbeing Through Creativity @ OPO</p> <p>10am: Tai Chi @ PQ Hub AE</p> <p>1pm: Journalling @ PQ Hub</p>	<p>6</p> <p>10:30am: Multisport Bridlington @ CYP</p> <p>2pm: Boxing @ Vulcan</p>	<p>7</p> <p>11am: Kickstart Football @ Active+</p> <p>1pm: Wellbeing Through Creativity @ Ferens</p> <p>1:30pm: Tai Chi @ NBL</p>
<p>10</p> <p>10:30am: Kintsugi @ NBL</p> <p>11am: Yoga @ Hull Yoga Studio</p> <p>1:30pm: Calligraphy @ NBL</p>	<p>11</p> <p>10am: Photography @ Bridlington North Beach</p> <p>1pm: Gather & Game / Lego @ PQ Hub</p>	<p>12</p> <p>10.30am: Wellbeing Through Creativity @ OPO</p> <p>10am: Tai Chi @ PQ Hub AE</p>	<p>13</p> <p>10:30am: Multisport Bridlington @ CYP</p> <p>2pm: Boxing @ Vulcan</p>	<p>14</p> <p>10.30am: Journalling @ NBL</p> <p>11am: Kickstart Football @ Active+</p> <p>1pm: Wellbeing Through Creativity @ Ferens</p> <p>1:30pm: Tai Chi @ NBL</p>
<p>17</p> <p>10am: Kintsugi @ PQ Hub</p> <p>11am: Yoga @ Hull Yoga Studio</p> <p>1pm: Calligraphy @ PQ Hub</p>	<p>18</p> <p>10am: Photography @ East Park Hull</p> <p>1pm: Gather & Game / Lego @ PQ Hub</p>	<p>19</p> <p>10.30am: Wellbeing Through Creativity @ OPO</p> <p>10am: Tai Chi @ PQ Hub</p> <p>1pm: Journalling @ PQ Hub</p>	<p>20</p> <p>10:30am: Multisport Bridlington @ CYP</p> <p>2pm: Boxing @ Vulcan</p>	<p>21</p> <p>11am: Kickstart Football @ Active+</p> <p>1pm: Wellbeing Through Creativity @ Ferens</p> <p>1:30pm: Tai Chi @ NBL</p>
<p>24</p> <p>10:30am: Kintsugi @ NBL</p> <p>11am: Yoga @ Hull Yoga Studio</p> <p>1:30pm: Calligraphy @ NBL</p>	<p>25</p> <p>10am: Photography JC @ Bridlington South Beach</p> <p>1pm: Gather & Game / Lego @ PQ Hub</p>	<p>26</p> <p>10.30am: Wellbeing Through Creativity @ OPO</p> <p>10am: Tai Chi @ PQ Hub</p>	<p>27</p> <p>10:30am: Multisport Bridlington @ CYP</p> <p>2pm: Boxing @ Vulcan</p>	<p>28</p> <p>10:30am: Journalling @ NBL</p> <p>11am: Kickstart Football @ Active+</p> <p>1pm: Wellbeing Through Creativity @ Ferens</p> <p>1:30pm: Tai Chi @ NBL</p>

March**2025**

Mon	Tue	Wed	Thu	Fri
3 10am: Kintsugi @ PQ Hub 11am: Yoga @ Hull Yoga Studio 11am: Wellbeing Walk @ Bridlington Spa 1pm: Calligraphy @ PQ Hub	4 10am: Photography JC @ West Park Hull 1pm: Gather & Game / Lego @ PQ Hub	5 10.30am: Wellbeing Through Creativity @ OPO 10am: Tai Chi @ PQ Hub 1pm: Journalling @ PQ Hub	6 10:30am: Multisport Bridlington @ CYP 2pm: Boxing @ Vulcan	7 11am: Kickstart Football @ Active+ 1pm: Wellbeing Through Creativity @ Ferens 1:30pm: Tai Chi @ NBL
10 10:30am: Kintsugi @ NBL 11am: Yoga @ Hull Yoga Studio 1:30pm: Calligraphy @ NBL	11 10am: Photography @ Bridlington North Beach 1pm: Gather & Game / Lego @ PQ Hub	12 10.30am: Wellbeing Through Creativity @ OPO 10am: Tai Chi @ PQ Hub	13 10:30am: Multisport Bridlington @ CYP 2pm: Boxing @ Vulcan	14 10:30am: Journalling @ NBL 11am: Kickstart Football @ Active+ 1pm: Wellbeing Through Creativity @ Ferens 1:30pm: Tai Chi @ NBL
17 10am: Kintsugi @ PQ Hub 11am: Yoga @ Hull Yoga Studio 1pm: Calligraphy @ PQ Hub	18 10am: Photography @ Pickering Park Hull 1pm: Gather & Game / Lego @ PQ Hub	19 10.30am: Wellbeing Through Creativity @ OPO 10am: Tai Chi @ PQ Hub 1pm: Journalling @ PQ Hub	20 10:30am: Multisport Bridlington @ CYP 2pm: Boxing @ Vulcan	21 11am: Kickstart Football @ Active+ 1pm: Wellbeing Through Creativity @ Ferens 1:30pm: Tai Chi @ NBL
24 10:30am: Kintsugi @ NBL 11am: Yoga @ Hull Yoga Studio 1:30pm: Calligraphy @ NBL	25 10am: Photography JC @ Bridlington South Beach 1pm: Gather & Game / Lego @ PQ Hub	26 10.30am: Wellbeing Through Creativity @ OPO 10am: Tai Chi @ PQ Hub	27 10:30am: Multisport Bridlington @ CYP 2pm: Boxing @ Vulcan	28 10:30am: Journalling @ NBL 11am: Kickstart Football @ Active+ 1pm: Wellbeing Through Creativity @ Ferens 1:30pm: Tai Chi @ NBL

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