

HBRC Activity Timetable

Forget Me Not Cafe open 9am until 2pm



Monday

Tuesday

Wednesday

Thursday

Friday



**Music & Dance with
Dementia**
11 till 12pm



TED and Bingo
10.30 till 12pm



Kurling
1.45 till 2.45pm



Arts & Crafts Drop In
1.30 till 2.30pm



Moorfield Choir
1.30 till 3.30pm



First Steps IT
10am till 12.30pm



Tai Chi
3pm till 3.30pm



Chair based exercises
1.45 till 2.45pm



Karaoke
2.30 till 3.30pm



Humphrey Booth Resource Centre, 16-18 Worsley
Road, Swinton, Salford, M27 5WW



0161 607 7100

Please ring before attending to ensure this is our current timetable.



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