



# BACP WEEKLY ACTIVITIES: 2015 OCT - DEC

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>AM/PM</b>	DROP –IN <b>ADVICE SERVICE – ASKIR</b> BAIG 9.30 – 12.00	DROP –IN <b>ADVICE SERVICE – ASKIR</b> BAIG 9.30 – 12.00	DROP –IN <b>ADVICE SERVICE – ASKIR</b> BAIG 9.30 – 12.00	<b>ADVICE SERVICE BY APPOINTMENT–</b> ASKIR BAIG 9.30 – 12.00	DROP-IN <b>ADVICE SERVICE</b> – HABIBUL AHAD 9.30 – 1.00		
	<b>GYM - MEN</b> 10.30 – 2.30	<b>GYM - WOMEN</b> 10.00 – 2.00	<b>GYM - MEN</b> 10.30 – 2.30	<b>GYM - WOMEN</b> 10.00 – 2.00	<b>FRIDAY COMMUNITY GET-TOGETHER</b> 2.30 –3.30/1.30 -3.00 (SUMMER)/(WINTER)	<b>BANGLA-SCHOOL</b> 10.00 – 12.00	<b>BANGLA - SCHOOL</b> 10.00 – 12.00
	<b>5 WAYS TO WELLBEING MONITORING SESSION –3<sup>RD</sup>/ 4<sup>TH</sup></b> MON 11.00 – 3.30	<b>5 WAYS TO WELLBEING MONITORING SESSION –3<sup>RD</sup>/ 4<sup>TH</sup></b> TUE 11.00 – 3.30	<b>DAY CARE SESSION – Men</b> 10.30 – 1.30	<b>DAY CARE SESSION – Women</b> 10.30 – 1.30			
	<b>HEALTH CHATS COURSE – 2<sup>ND</sup> MON</b> OCT 10.00-2.45	<b>TALK ENGLISH Class</b> 10.30 – 12.30 (term –time only)	<b>ARM-CHAIR EXERCISE/BOCCIA /HANDBALL -MEN</b> 11.30 – 12.30	<b>ARM-CHAIR/ GENTLE EXERCISE-WOMEN</b> 11.30 - 12.30 <b>JOB CLUB</b> 10.00 – 12.00		<b>BACP YOUTH CLUB (8 -15)</b> 11.30- 2.30	<b>GYM-WOMEN</b> 11.00- 2.30
	<b>ICT LEARNING SUITE/UK ONLINE CENTRE – DROP IN</b> 9.30 – 4.30	<b>ICT LEARNING SUITE/UK ONLINE CENTRE – DROP IN</b> 9.30 – 4.30	<b>ICT LEARNING SUITE/UK ONLINE CENTRE – DROP IN</b> 9.30 – 4.30	<b>IT CLASS FOR BEGINNERS- 1-2-1 support</b> 12.30 – 2.30	<b>ICT LEARNING SUITE/ UK ONLINE CENTRE – DROP IN</b> 12.00 - 4.30	<b>ICT LEARNING SUITE/UK ONLINE CENTRE – DROP IN</b> 9.30 – 4.30	
	<b>CHILDREN’S AFTER-SCHOOL CLUB- IT/POOL</b> 3.30 – 4.30	<b>CHILDREN’S AFTER-SCHOOL CLUB- IT/POOL</b> 3.30 – 4.30	<b>CHILDREN’S AFTER-SCHOOL CLUB- IT/POOL</b> 3.30 – 4.30	<b>CHILDREN’S AFTER-SCHOOL CLUB- IT/POOL</b> 3.30 – 4.30	<b>CHILDREN’S AFTER-SCHOOL CLUB- IT/POOL</b> 3.30 – 5.00		
	<b>MON</b>	<b>TUE</b>	<b>WED</b>				



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				THU	FRI	SAT	SUN
<b>Evening</b>	<b>GYM -WOMEN</b> 4.30 – 8.30  <b>AEROBICS</b> 5.30 – 7.00	<b>GYM - MEN</b> 2.30 -5.00 Booking Only   <b>CENTRE OPEN FOR EXTERNAL BOOKINGS/OTHER ADHOC ACTIVITIES</b> 5.00 – 9.00	<b>GYM- WOMEN</b> 4.30 – 8.30  <b>AEROBICS</b> 5.30 – 7.00	<b>GYM - MEN</b> 2.30 -5.00 Booking Only   <b>CENTRE OPEN FOR EXTERNAL BOOKINGS/OTHER ADHOC ACTIVITIES</b> 5.00 – 9.00	<b>GYM- WOMEN</b> 4.30 – 8.30  <b>AEROBICS</b> 5.30 – 7.00	       <b>CENTRE OPEN FOR EXTERNAL BOOKINGS/ OTHER ADHOC ACTIVITIES</b> 3.00 -9.00	<b>YC STUDY – USER GROUP</b> 11.00- 1.00 (TBA)  <b>YOUTH CONNECTIONS BOYS – USER GROUP</b> 6.00 – 8.00 (TBA)