

# Active Lives Timetable: September 2023 to March 2024



Montefiore	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am - 12 pm	Art Computers Cooking Newsletter Singing & Music	Art & Wellbeing Boccia Memory Games Mosaics Photography Walking Group	Art Computers Indoor Games Memory Games Scenery Production	Art Boccia Cooking Makaton	Collage Computers Cooking Money & Numbers Mosaics Nature Art (Outing)
1 pm - 3:30 pm	Collage Drama Workshop Memory Games Textiles (Upcycle) Walking Group	Collage Computers Makaton Textiles Yoga	Collage Creative Writing Scenery Production Walking Group	Computers Newsletter Printing World Cultures	Art & Wellbeing Boccia Chair Yoga Sculpture Singing & Music Textiles

Montefiore Road is open from 9 am to 4 pm. You may arrive at 9 am and must leave no later than 4 pm.

Exeter Hall	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am - 12 pm			Performance	Dance & Movement	
12:30 pm - 3 pm			Yoga & Relaxation	Walking Group	

Exeter Hall is open from 9:30 am to 3 pm. You may arrive at 9:30 am and must leave no later than 3 pm.

King Alfred	Monday	Tuesday	Wednesday	Thursday	Friday
pm		Cricket & Walk		Swimming	

<b>Brighton Marina</b>	Monday	Tuesday	Wednesday	Thursday	Friday
pm			Bowling		

<b>St Ann's Well Gardens</b>	Monday	Tuesday	Wednesday	Thursday	Friday
am				Healthwalks	Tennis & Walk

## Important information

Active Lives provides day activities and projects for people with learning disabilities and autistic people living across Sussex.

- Changes may be made to the timetable due to demand and availability.
- Please contact Active Lives for further information on times for the following sessions: **Swimming, Cricket, Ten Pin Bowling, Health Walks and Tennis**. Times will differ depending on whether people meet at Montefiore or at the venue.
- If there are new or different activities that you would like to see happen, please get in touch.
- Active Lives also offers projects in employment [employmentproject@grace-eyre.org](mailto:employmentproject@grace-eyre.org) and travel [travelbuddy@grace-eyre.org](mailto:travelbuddy@grace-eyre.org) Please contact for further information.
- Active Lives also works closely with Special Olympics Sussex. Please contact [bhso@grace-eyre.org](mailto:bhso@grace-eyre.org) for further information.

Please contact Actives Lives on 01273 201 904 or at [ActiveLives@grace-eyre.org](mailto:ActiveLives@grace-eyre.org).