

# Active Lives Timetable 2026 (subject to change)



Telecom House	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am - 12 pm	Start with Art Indoor Games Money & Numbers	Sign and Shine Collage Exhibition Art Yoga & Movement	Collage Creative Writing Scenery Production	Mixed Media Art Grace Eyre News Make and Create Mosaics	Art Sign and Shine Make and Model Nature Walk
1 pm - 3:30 pm	Make and Create Memory Games Surf the Web Printing	Thrive for Life Art Surf the Web Lens on our World Walking Group	Art Surf the Web Memory Games Scenery Production	Chair Yoga Art Surf the Web Indoor Games	Thrive for Life Drawing Stories Surf the Web Boccia

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

Preston Park Studio	Monday	Tuesday	Wednesday	Thursday	Friday
am	Singing and Music				
pm	Drama Workshop				

Community	Monday	Tuesday	Wednesday	Thursday	Friday
am		Boccia			

Moulsecomb	Monday	Tuesday	Wednesday	Thursday	Friday
am			Football		
pm			Cricket		

<b>Community</b>	Monday	Tuesday	Wednesday	Thursday	Friday
am			Bowling	Health Walks	
<b>Exeter Street Hall</b>	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am - 12 pm			Cooking Performance	Dance & Movement Cooking	
12:30 pm - 3 pm			Healthy Bake Yoga & Movement	Walking Group	
<b>Brighton Youth Centre</b>	Monday	Tuesday	Wednesday	Thursday	Friday
am				Music performance & Production	
pm				Film & Theatre	
<b>Community</b>	Monday	Tuesday	Wednesday	Thursday	Friday
am					Tennis & Walk (St Ann's Well)
pm					Step into Stories

## Important Information

- Changes may be made to the timetable due to demand and availability.
  - Active Lives also offers projects in employment [employmentproject@grace-eyre.org](mailto:employmentproject@grace-eyre.org) and independent travel [travelbuddy@grace-eyre.org](mailto:travelbuddy@grace-eyre.org). Please contact for further information.
  - Places are limited, so speak to an Active Lives Manager about what activities and days you want to do.
- Please contact Actives Lives on 01273 201 900 or at [activelives@grace-eyre.org](mailto:activelives@grace-eyre.org).