

For more info or to book:  
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# January 2023



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 <a href="#">Friendship Group @ Filey</a>	4	5 <a href="#">Tea and Toast</a> <a href="#">Chair Exercises @ Whitby</a> <a href="#">Craft Club @ Whitby</a>	6 <a href="#">Care for a Cuppa Club @ Ryedale (mental Health)</a> <a href="#">Tea and Toast @ Ryedale</a> <a href="#">Care for a Cuppa Club @ Pickering</a>
9	10 <a href="#">Stepping Out @ Scarborough</a> <a href="#">Tea and Toast @ Eastfield (Military Families)</a> <a href="#">Parent Carer Cuppa Club @ Whitby</a>	11	12 <a href="#">Friendly Forces @ Scarborough</a> <a href="#">Care for a Cuppa Club @ Scarborough (Mental Health)</a> <a href="#">Chair Exercises @ Whitby</a>	13 <a href="#">Carers CHIME @ Scarborough</a> <a href="#">Dementia Carers @ Scarborough</a>
16	17 <a href="#">Stepping Out @ Scarborough</a>	18	19 <a href="#">Care for a Cuppa Club @ Scarborough</a> <a href="#">Parent Carer Cuppa Club @ Scarborough</a> <a href="#">Tea and Toast</a> <a href="#">Chair Exercises @ Whitby</a> <a href="#">Craft Club @ Whitby</a>	20 <a href="#">Carers CHIME @ Scarborough</a> <a href="#">Tea and Toast @ Ryedale</a> <a href="#">Hovingham Community Tea</a>
23	24 <a href="#">Stepping Out @ Scarborough</a> <a href="#">Tea and Toast @ Eastfield (Military Families)</a>	25	26 <a href="#">Chair Exercises @ Whitby</a> YC chill club - Scarborough YC lunch hub - St Augustines	27 <a href="#">Carers CHIME @ Scarborough</a>
30	31 <a href="#">Stepping Out @ Scarborough</a> <a href="#">Soup, Bap &amp; Banter @ Eastfield</a> <a href="#">Care for a Cuppa Club @ Whitby</a>	30		