

For more info or to book:
wendy@carersplus.net
07743 557710

January 2023



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|---|--|--|
| 2 | 3 | 4 | 5 | 6 |
| 9 | 10 | 11 <u>Care for a Cuppa Club</u> <u>Winter Warmers</u> <u>@Bridlington</u> | 12 | 13 |
| 16 | 17 | 18 | 19 <u>Tea and Toast at the Coast</u> <u>@ Bridlington</u> | 20 |
| 23 | 24 | 25 | 26 | 27 <u>Feel Good Friday</u> <u>@ Bridlington</u> |
| 30 | 31 | | | |