



SWALLOW Lockdown Weekly Timetable
www.swallowcharity.org Registered Charity No: 1045893



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11am – 3pm Café take away (1 to 1 Support)	11am – 3pm Café take away (1 to 1 Support)	11am – 3pm Café take away (1 to 1 Support)	11am – 3pm Café take away (1 to 1 Support)		
	11am Zoom Fun activities (Justin)	10am Staff coffee morning (open to staff) 11am Zoom Coffee morning (open to all)	11am Zoom Fun activities (Justin)			
2pm Zoom Relaxation Starting W/C 18 th May	2pm Songbirds Zoom Starting 2 nd June			2pm Zoom Exercise Class More information to follow		
		Zoom Ladies/Men's night More information to follow				

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