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Men's Tea and Toast 10:00-11:00		Woman's Morning Adults only 11:00-1:00		August 2023				Men's Morning 10:00-1:00	
Luton Allotments 10:00-12:30 		Phoenix 09:30-11:00	Cooking 11:00-12:00 	Accommodation Support 10:00-12:00 	Luton Allotments 10:00-12:30 	Walk & Talk 10:00-11:00 	Sports Connect 10:00-1:00 	Men's Mindfulness 10:00-11:00 	Fella's Fryday! 11:00-12:30 
Young men's project 2:00-4:00		Budget bites 1:00 – 2:00				Food Fusion 1:00-2:00			
Music 2:00-3:00 	Art 2:00-3:00 	Link in with Professionals 12:00-1:00 	The week in our words? 1:00-2:00 How's it going	Everyday Eats 11:00-12:30 	Board Games 11-12:30 	Put your hands to use! 11:00-1:00 	Podcasts with Shea 1:00-2:00 	Employment, Training & Education 10:00-1:00	<i>Act Confident</i> 1:00-2:00 
Catch up with Probation / Support Worker 		Digital college 3:00-4:00 	Sport on the door 3:00-4:00 	Music with meaning 2:00-3:00 	Digital college 3:00-4:00 	Creative Corner 2:00-3:00 	Digital College 3:00-4:00 	Hub Bingo 2:00-3:00 	Hub Harmonies 3:00-4:00 

Monday 7 th August		Tuesday 8 th August		Wednesday 9 th August		Thursday 10 th August		Friday 11 th August	
Men's Tea and Toast 10:00-11:00		Woman's Morning Children welcome 11:00-1:00		August 2023				Men's Morning 10:00-1:00	
Luton Allotments 10:00-12:30 		Kid's Macaroni Jewellery making 11:00-12:00 	Link in with Professionals 	Luton Allotments 10:00-12:30 	Accommodation Support 10:00-12:00 	Walk & Talk 10:00-11:00 	Sports Connect 10:00-1:00 	Men's Mindfulness 10:00-11:00 	Fella's Fryday! 11:00-12:30 
Young Men's Project 2:00-4:00		Budget bites 1:00-2:00				Food Fusion 1:00-2:00			
Cooking 2:00-3:00 	Art 2:00-3:00 	Board Games 1:00-2:00 	The week in our words? 2:00-2:00 How's it going?	Everyday Eats 11:00-12:30 	Board Games 11-12:30 	Put your hands to use! 11:00-1:00 	River Walk 1:00-2:00 	Employment, Training & Education 10:00-1:00	Act Confident 1:00-2:00 
Catch up with Probation / Support Worker 		Digital college 3:00-4:00 	Sport on the door 3:00-4:00 	Music with meaning 2:00-3:00 	Digital college 3:00-4:00 	Creative Corner 2:00-3:00 	Digital College 3:00-4:00 	Hub Bingo 2:00-3:00 	Hub Harmonies 3:00-4:00 

Monday 14 th August		Tuesday 15 th August		Wednesday 16 th August		Thursday 17 th August		Friday 18 th August	
Men's Tea and Toast 9:30 – 11:00		Woman's Morning Adults only 11:00-1:00		August 2023				Men's morning 10:00-12:30	
Luton Allotments 10:00-12:30 		Jewellery Making 11:00-12:00 	Link in with Professionals 12:00-1:00 			Walk & Talk 10:00-11:00 	Sports Connect 10:00-1:00 	Men's Mindfulness 10:00-11:00 	Fella's Fryday! 11:00-12:30 
Young Men's Project 2:00-4:00		Budget bites 1:00-2:00				Food Fusion 1:00 – 2:00			
Sport 2:00-3:00 	Smoothies 2:00-3:00 	Board Games 1:00-2:00 	The week in our words? 2:00-3:00 How's it going	Everyday Eats 11:00-12:30 	Board Games 11:00-12:00 	Put your hands to use! 11:00-1:00 	River Walk 1:00-2:00 	Employment, Training & Education 10:00-1:00	Act Confident 1:00-2:00 
Catch up with Probation / Support Worker 		Digital college 3:00-4:00 	Sport on the door 3:00-4:00 	Music with meaning 2:00-3:00 	Digital college 3:00-4:00 	Creative Corner 2:00-3:00 	Digital college 3:00-4:00 	Hub Bingo 2:00-3:00 	Hub Harmonies 3:00-4:00 

Monday 21 st August		Tuesday 22 nd August		Wednesday 23 rd August		Thursday 24 th August		Friday 25 th August	
Men's Tea and Toast 9:30 – 11:00		Women's morning Children welcome 11:00-1:00		August 2023				Men's Morning 10:00-12:30	
Luton Allotments 10:00-12:30 		Cookie Decorating 11:00-12:00 	Link in with Professionals 12:00-1:00 	Luton Allotments 10:00-12:30 	Accommodation Support 9:30-12:00 	Walk & Talk 10:00-11:00 	Sports Connect 10:00-1:00 	Men's Mindfulness 10:00-11:00 	Fella's Fryday! 11:00-12:30 
Young Men's Project 2:00-4:00		Budget bites 1:00-2:00				Food Fusion 1:00 – 2:00		Cooking 12:00 – 1:00	
Cooking 2:00-3:00 	Drawing 	Board Games 1:00-2:00 	The week in our words? 2:00-3:00 How's it going?	Everyday Eats 11:00-12:30 	Board Games 11:00-12:00 	Put your hands to use! 11:00-1:00 	Board Games 11:00-12:00 	Employment, Training & Education 10:00-1:00	Act Confident 1:00-2:00 
Catch up with Probation / Support Worker 		Digital college 3:00-4:00 	Sport on the door 	Music with meaning 2:00-3:00 	Digital college 3:00-4:00 	Creative Corner 2:00-3:00 	Digital college 3:00-4:00 	Hub Bingo 2:00-3:00 	Hub Harmonies 3:00-4:00 

Monday 28 th August		Tuesday 29 th August		Wednesday 30 th August		Thursday 31 st August		Friday 1 st September	
Men's Tea and Toast 9:30 – 11:00		Women's morning Adults Only 11:00-1:00		August 2023				Men's Morning 10:00-12:30	
Luton Allotments 10:00-12:30 		Cooking 11:00-12:00 	Link in with Professionals 12:00-1:00 			Walk & Talk 10:00-11:00 	Sports Connect 10:00-1:00 	Men's Mindfulness 10:00-11:00 	Fella's Fryday! 11:00-12:30 
Young Men's Project 2:00-4:00		Budget bites 1:00-2:00				Food Fusion 1:00 – 2:00		Cooking 12:00 – 1:00	
D.I.Y 2:00-3:00 	Nacho's 	Board Games 11:00-12:00 	The week in our words? 2:00-3:00 How's it going?	Everyday Eats 11:00-12:30 	Board Games 11:00-12:00 	Put your hands to use! 11:00-1:00 	Board Games 11:00-12:00 	Employment, Training & Education 10:00-1:00	Act Confident 1:00-2:00 
Catch up with Probation / Support Worker 		Digital college 3:00-4:00 	Sport on the door 3:00-4:00 	Music with meaning 2:00-3:00 	Digital college 3:00-4:00 	Creative Corner 2:00-3:00 	Digital college 3:00-4:00 	Hub Bingo 2:00-3:00 	Hub Harmonies 3:00-4:00 