Monday 3	1 st July	Tuesday	1 st August	Wednesday	y 2 nd August	Thursday	3 rd August	Friday 4	I th August	gust	
Men's Tea and Toast 10:00-11:00		Woman's	Woman's Morning Adults only 11:00-1:00		August 2023				Morning 0-1:00		
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' 2:00-4: Music 2:00-3:00	• •	Budget bite Link in with Professionals 12:00-1:00	s 1:00 – 2:00 The week in our words? 1:00-2:00 How's it going	Everyday Eats 11:00-12:30	Board Games 11-12:30	Food Fusion Put your hands to use! 11:00-1:00	Podcasts with Shea 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 7 th August		Tuesday 8	S th August	Wednesda	y 9 th August	Thursday 1	0 th August	Friday	11 th August
Men's Tea and Toast 10:00-11:00		Woman's Morning Children welcome 11:00-1:00		Augus	August 2023				o's Morning 0:00-1:00
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 Be confident
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		Wednesd	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						morning 0-12:30
Luton Allotments 10:00-12:30		Jewellery Making 11:00-12:00	Link in with Professionals 12:00-1:00	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 Mindfulnes 10:00-11:00	, , .
- I	noothies 00-3:00	Budget bite Board Games 1:00-2:00	The week in our words?	Everyday Eats 11:00-12:30	Board Games 11:00-12:00		Food Fusion Put your hands to use! 11:00-1:00	n 1:00 – 2:00 River Walk 1:00-2:00	Employment Training & Education	Act Confident 1:00-2:00
		Dur.	2:00-3:00 How's it going	*	Duran Daniel		St.		10:00-1:00	Be confident
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









Manday 21st Avenst	Tuesday 22nd August		\A/odposds	. aard Aa	Thumadau	24th Avenuet	Eriday 25th August	
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	Women's morning		August 2023					Morning
9:30 – 11:00	Children welcome		August 2023				10:00	-12:30
	11:00-1:00					1		
	Cookie	Link in with					Men's	Fella's
Luton Allotments	Decorating	Professionals	Luton		Walk & Talk	Sports Connect	Mindfulness	Fryday!
10:00-12:30	11:00-12:00	12:00-1:00	Allotments	Accommodation	10:00-11:00	10:00-1:00	10:00-11:00	11:00-12:30
N+11 00/a/a			10:00-12:30	Support 9:30-12:00		A Constant	·	
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Young Men's Project	Budget bites 1:00-2:00		Food Fusion 1:00 – 2:00		n 1:00 – 2:00	Cooking 12:00 – 1:00		
2:00-4:00								
	Board Games	The week in	Everyday	Board Games	Put your	Board Games	Employment,	Act
Cooking Drawing	1:00-2:00	our words?	Eats	11:00-12:00	hands to use!	11:00-12:00	Training &	Confident
2:00-3:00		2:00-3:00	11:00-12:30		11:00-1:00		Education	1:00-2:00
	DOTTAN DA WENT			DOTTON DA SER!		STATE AND INSTITUTE OF		85 × * * * * * * * * * * * * * * * * * *
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	VIVICALII MI	going?		YIMISA W MI		Whiteh III	10:00-1:00	confident
			_					**** S
Catch up with Probation /	Digital college	Sport on the	Music with	Digital college	Creative	Digital college	Hub Bingo	Hub
Support Worker	3:00-4:00	door	meaning	3:00-4:00	Corner	3:00-4:00	2:00-3:00	Harmonies
	× × × ×		2:00-3:00		2:00-3:00		S. C. Williams	3:00-4:00
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Monday 28 th August	Tuesday 2	9 th August	Wednesda	y 30 th August	Thursday	31 st August	Friday 1 st S	September
Men's Tea and Toast 9:30 – 11:00	Women's morning Adults Only 11:00-1:00		August 2023					Morning -12:30
Luton Allotments 10:00-12:30	Cooking 11:00-12:00	Link in with Professionals 12:00-1:00	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
			1-18 (A) A				MINDEULAES	
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	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 Be confident
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







