

# Activities

## Monday

IT help (Peter) 😊 12.30 - 2.30pm  
Music group (Claire) 😊 1 - 2pm  
Writing group (Val) 😊 2 - 3.30pm  
Gardening, Cross Lane (John) 😊 1.30 - 3.30pm

## Tuesday

Quiz (Mrs D) 😊 1.45pm onwards

## Wednesday

Feel Good Walk (John) 😊 1.30pm onwards

## Thursday

Arts & Crafts (Laura) 😊 1 - 3pm

## Friday

Fragle Funky Choir (Sharon) 😊 1 - 2.30pm

## Saturday

First Saturday Extended Walk (John) 😊 12.15 - 3.15pm  
Arts & Crafts (Linda) 😊 2 - 3.30pm

## Sunday

Board games 😊 12 - 4pm

The majority of activities are run by volunteers  
and may be subject to last minute change



Scarborough Survivors, 9 Alma Square YO11 1JR  
Open for drop in Monday - Sunday, 11.30am - 4.30pm

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