

### Carers Activities for 2015

<b>Zumba Gold</b>	Kingfisher Dance Studio, Riverside Road	Every Monday from 11 <sup>th</sup> January for 11 weeks	10.30-11.30
<b>Zumba Gold</b>	Kingfisher Dance Studio, Riverside Road	Every Wednesday from 6 <sup>th</sup> July for 12 weeks	10.30-11.30
<b>Beastly Machines</b>	Time and Tide Museum	Thurs 21 <sup>st</sup> Jan Thurs 4 <sup>th</sup> Feb Thurs 28 <sup>th</sup> Feb	10am-3pm 10am-1.30pm 10-1.30pm
<b>Carers Walks</b>	Corton Woods Walk	Tues 16 <sup>th</sup> Feb	10.30 at Mind office
	Somerlayton Village Walk	Tues 15 <sup>th</sup> March	10.30 at Mind office
	Lound Village Walk	Tues 12 <sup>th</sup> April	10.30 at Mind office
	Fritton Lake Walk	Tues 10 <sup>th</sup> May	10.30 at Mind office
	Winterton Village Walk	Tues 7 <sup>th</sup> June	10.30 at Mind office
<b>Sandstone Arts &amp; Crafts</b>	At Mind Office	Wed 10 <sup>th</sup> & 24 <sup>th</sup> Feb	10.30am-12.30pm
		Wed 10 <sup>th</sup> & 24 <sup>th</sup> March	10.30am-12.30pm
		Wed 6 <sup>th</sup> April	10.30am-12.30pm
	Boston Lodge	Wed 6 <sup>th</sup> & 20 <sup>th</sup> May	10.30am-12.30pm
		Wed 3 <sup>rd</sup> & 17 <sup>th</sup> June	10.30am-12.30pm
		Wed 1 <sup>st</sup> July	10.30am-12.30pm
<b>Pamper Sessions</b>	<b>Lowestoft College</b>		
	Hair	Fri 26 <sup>th</sup> Feb	9.45am
	Facials	Wed 23 <sup>rd</sup> March	1.00pm
	Manicure/Pedicure	Mon 18 <sup>th</sup> April	1.30pm
	<b>Great Yarmouth College</b>		
	Hair	Thur 25 <sup>th</sup> Feb	9.30am
	Facials	Mon 21 <sup>st</sup> March	9.30am
	Manicure/Pedicure	April TBC	TBC
<b>Health Trainer/Fitness Classes</b>	Boston Lodge	From Monday 4 <sup>th</sup> April for 6 weeks	10.30am-12.30pm
	Mind Office	From Monday 6 <sup>th</sup> June for 6 weeks	10.30am-12.30pm
<b>Craft Sessions and Reiki</b>	Mind Office	Monday 18 <sup>th</sup> April then every month	1.00-3.00pm
	Boston Lodge	Monday 25 <sup>th</sup> April the every month	1.00-3.00pm
<b>Yoga</b>	Mind office	Thurs 12 <sup>th</sup> May for 12 weeks	10.30-11.30am
	Boston Lodge	Fri 19 <sup>th</sup> Aug for weeks	10.30-11.30am
<b>Stress Control</b>	Mind office	Tue 24 <sup>th</sup> May	10.00-12.00am
	Boston Lodge	Wed 25 <sup>th</sup> May	10.00-12.00am
<b>Mental Health Awareness</b>	Mind Office	Fri 12 <sup>th</sup> & 19 <sup>th</sup> Aug	12.30-3.30pm
	Boston Lodge	Fri 29 <sup>th</sup> July & 5 <sup>th</sup> Aug	12.30-3.30pm
<b>Boat trips</b>	Norfolk	TBC	TBC
	Waveney	TBC	TBC