

LMHA Calendar - July 2021

Sat June 26 th	Sun June 27 th	Mon June 28 th	Tues June 29th	Wed June 30th	Thur July 1st	Fri July 2nd
11:30 - 1pm Art		Walking 12 - 2pm 7-7.45pm Mindfulness	Mens shed 10:30 - 12	5.15-6pm Lets talk recovery	2-3:30pm Creative Writing	
2 - 3:30pm Music						
Sat July 3rd	Sun July 4th	Mon July 5th	Tue July 6th	Wed July 7th	Thur July 8th	Fri July 9th
11:30 - 1pm Art		Bank Holiday	Mens shed 10:30 - 12	5.15-6pm Lets talk Wellness		
2 - 3:30pm Music						
Sat July 10th	Sun July 11th	Mon July 12th	Tue July 13th	Wed July 14th	Thur July 15th	Fri July 16th
11:30 - 1pm Art		Walking 12 - 2pm 7-7.45pm Mindfulness	Mens shed 10:30 - 12	5.15-6pm Lets talk Wellness		
2 - 3:30pm Music						
Sat July 17th	Sun July 18th	Mon July 19th	Tue July 20th	Wed July 21th	Thur July 22nd	Fri July 23rd
		Walking 12 - 2pm 7-7.45pm Mindfulness	Mens shed 10:30 - 12	5.15-6pm Lets talk Wellness		
Sat July 24th	Sun July 25th	Mon July 26th	Tues July 27th	Wed July 28th	Thur July 29th	Fri July 30th
		Walking 12 - 2pm 7-7.45pm Mindfulness	Mens shed 10:30 - 12	5.15-6pm Lets talk Wellness		