



Malton In-Touch Group

January – March 2018

6th April Boccia

9th April Malton In-Touch group:

Human Ware. 2-4pm

10th April Music & Movement,

gentle exercises. 2.30-4pm

20th April Boccia

23rd April Malton In-Touch group:

Guide Dog Party. 2-4pm

**24th April Music & Movement,
gentle exercises.**

25th April Technology Group. 2-4pm

26th April Cycling—Dalby Forest

**3rd May Join with Pickering Members at
their In– Touch meeting, at
Pickering. 2-4pm**

4th May Boccia

**7th May May Day Bank Holiday—
No In-Touch Group**

**8th May Music & Movement,
gentle exercises.**

10th May Shopping—Northallerton

16th May Technology Group

18th May Boccia

**21st May Malton In-Touch group:
Guide Dog Party**

**22nd May Music & Movement,
gentle exercises.**

**24th May Ramble & Chat
Gentle walking, followed by
refreshments. 2-4pm**

30th May Cycling in Scarborough

1st June Boccia

4th June Malton In-Touch group:

**5th June Music & Movement,
gentle exercises.**

7th June Ramble & Chat

15th June Boccia

18th June Malton In-Touch group:

**19th June Music & Movement,
gentle exercises.**

20th June Technology Group

26th June Cycling in Dalby Forest

29th June Boccia

2nd July Malton In-Touch group:

**3rd July Music & Movement,
gentle exercises.**

5th July Ramble & Chat

13th July Boccia

16th July Malton In-Touch group:

**17th July Music & Movement,
gentle exercises.**

18th July Technology Group

19th July Ramble & Chat

25th July Cycling in Dalby Forest

27th July Boccia

30th July Malton In-Touch group:

**31st July Music & Movement,
gentle exercises. 2.30-4pm**

If you wish to join in with any of these activities

please call Sight Support Ryedale on

01653 698860