



Sight Support Ryedale

February – April 2019

4th Feb Malton In-Touch Group, 2-4pm:
Living Well

5th Feb Music & Movement, 2.30-4pm:
Gentle exercises.

13th Feb Craft Group, 10am-12pm

14th Feb Pickering In-Touch Group, 2-4pm:
Points of View – group discussion of future activities and excursions.

18th Feb Malton In-Touch Group, 2-4pm:
Keeping your brain active.

- 19th Feb** **Music & Movement, 2.30-4pm:**
Gentle exercises.
- 20th Feb** **Technology Group, 2-4pm**
- 27th Feb** **Craft Group, 10am – 12pm**
- 28th Feb** **Pickering In-Touch Group, 2-4pm:**
Ryedale Free Fridge
- 4th Mar** **Malton In-Touch Group, 2-4pm**
Quiz and Games
- 5th Mar** **Music & Movement, 2.30-4pm:**
Gentle exercises.

- 13th Mar** **Craft Group, 10am-12pm**
- 14th Mar** **Pickering In-Touch Group, 2-4pm:**
Keeping your brain active.
- 18th Mar** **Malton In-Touch Group, 2-4pm:**
‘Sense of Smell’ – The benefits of
aromatherapy.
- 19th Mar** **Music & Movement, 2.30-4pm:**
Gentle exercises.
- 20th Mar** **Technology Group, 2-4pm**
- 21st Mar** **Shopping Trip: Scarborough, including**
Indoor Market Hall

27th Mar Craft Group, 10am – 12pm

**28th Mar Pickering In-Touch Group, 2-4pm:
‘Sense of Smell’ – The benefits of
aromatherapy.**

**1st Apr Malton In-Touch Group, 2-4pm:
Ryedale Free Fridge**

**2nd Apr Music & Movement, 2.30-4pm:
Gentle exercises.**

10th Apr Craft Group, 10am – 12pm

**11th Apr Pickering In-Touch Group, 2-4pm:
To be confirmed**

- 15th Apr Joint Get together at Malton, 2-4pm**
- 17th Apr Technology Group, 2-4pm**
- 23rd Apr Music & Movement, 2.30-4pm:
Gentle exercises.**
- 24th Apr Craft Group, 10am – 12pm**
- 25th Apr Pickering In-Touch Group, 2-4pm:
Bingo**
- 29th Apr Malton In-Touch Group, 2-4pm:
Lady Spring Wood**

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All activities and events are subject to change.