

# HAPPY MONDAYS SCHEDULE (OVER 50'S)

2024

**INSPIRE***d*  
TASKFORCE

Happy Mondays sessions are from 2.30pm - 4.00pm every Monday except Bank Holidays

These sessions are generally free but some may have a cost attached to cover expenses such as a room hire, facilitator fees and/or materials.

**1ST MON  
2.30PM -  
4PM**

## REPAIR & MEND

Bring in your broken or torn items of clothing and learn how to repair them at the repair and mend sessions.

## CREATIVE/ARTS WORKSHOP

Creative workshops such as Mosaic, Card Making, Cooking Classes, Diamond painting and more!

**2ND  
MON  
2.30PM -  
4PM**

**3RD  
MON  
3PM -  
5PM**

## FILM CLUB

Choc-Ice, Popcorn and Drinks provided at a cost of £5. Film will be chosen off the popular list from Netflix or Amazon, decided by you!

## COFFEE & NATTER

Make new friends at our coffee and natter where you can have a coffee, chat and play some board games!

**4TH  
MON  
2.30PM -  
4PM**

**5TH  
MON  
2.30PM -  
4PM**

## GAMES & COFFEE

Where there is a 5th Monday in the month we will run a game and coffee day where we play classic TV shows such as Catchphrase, Who wants to be a millionaire and other games



[@InspiredTaskforce](https://www.instagram.com/InspiredTaskforce)

For more information  
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