



**April 2024**

<b>Daytime</b>		
Tuesday 2nd	Crafts with Sue G	At Buddys 3pm – 5pm Cost £5
Tuesday 9th	Lunch & Bingo	At Buddys from 12pm – 2pm Cost depending on food choice £4 - £8
Tuesday 16th	Seafront Walk & Coffee	Meet outside Splashpoint Swimming Pool at 2.30pm Finish aprox 4.30pm Worthing town centre. Cost £3 plus money for coffee etc
Tuesday 23rd	Ten Pin Bowling	At Hollywood Bowling, Worthing Seafront Meet 3pm. Finish aprox 4.30pm Cost £5
<b>Evenings</b>		
Monday 8th	Ten Pin Bowling Please note slightly higher price due to school holidays	At Hollywood Bowling, Worthing Seafront Meet 6pm. Finish aprox 7.30pm Cost £7
Monday 22nd	Dinner with Buddys	Details to follow
<b>Other weekly sessions</b>		
Monday	<b>Gym &amp; Swim</b> £7 for one activity or £10 for both	Meet at Splashpoint Swimming Pool 10am (gym) or 11am (swim)
Tuesday	<b>Sussex Seals</b> - Sports & other activities. See program for details	Worthing Leisure Centre 7pm – 8pm
Thursday	<b>Model Railway session</b>	Buddys 10am - 11am No charge
Thursday	<b>Buddys Badgers</b> activities for older people with learning disabilities	Buddys 3pm – 5pm Cost £6 – including afternoon tea
Friday	<b>5<sup>th</sup> Quiz</b> <b>12<sup>th</sup> Bingo</b> <b>19<sup>th</sup> Celebrate St George's Day</b> <b>26<sup>th</sup> Music with Geoff &amp; Sam</b>	Buddys 10am - 1.30pm No charge

For further information please contact Emma on 07736 045527 or Lorna on 07736 045528 or email [mynetwork@worthingmencap.org](mailto:mynetwork@worthingmencap.org)