

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HOLLIES CAFE 10AM - 3.30PM</p> <hr/> <p>FISHERROW COMMUNITY CENTRE ROOM G6 1030AM - 1130AM TAI CHI £4 DONATION</p>	<p>HOLLIES CAFE 10AM - 3.30PM</p> <hr/> <p>FISHERROW COMMUNITY CENTRE 1030AM - 12.30AM SINGING FOR FUN DEMENTIA FRIENDLY ROOM G6</p> <hr/> <p>M"BURGH RUGBY CLUB 1030AM - 12PM SPORTING MEMORIES</p>	<p>HOLLIES CAFE 10AM - 3.30PM</p> <hr/> <p>MUSSELBURGH WALKS 10AM - 11.45AM <u>SPORTS CENTRE</u></p> <p>DEMENTIA FRIENDLY WALKS 1030AM PORTOBELLO SWIM CENTRE</p> <p>ST. ANDREWS CHURCH D CAFE 11AM - 2PM ALZHEIMERS SCOTLAND 1ST WED.MONTHLY</p>	<p>HOLLIES CAFE 10AM - 3.30PM</p> <hr/> <p>FISHERROW COMMUNITY CENTRE ROOM G5 10AM - 12PM SINGING TOGETHER EAST LoTHIAN WORKS</p>	<p>HOLLIES CAFE 10AM - 3.30PM</p> <hr/> <p>FISHERROW COMMUNITY CENTRE 930AM - 1130AM ART ROOM G1</p>
<p>THE HOLLIES LUNCH CLUB 12PM - 1PM £4.50</p>	<p>CHAIR BASED EXERCISES M'BURGH EAST COMMUNITY CENTRE <u>10.30AM - 11.30AM</u></p> <p>THE HOLLIES LUNCH CLUB 12PM - 1PM £4.50</p>	<p>THE HOLLIES LUNCH CLUB 12PM - 1PM £4.50</p> <hr/> <p>FISHERROW COMMUNITY CENTRE 2PM - 4PM DEMENTIA DROP-IN 2ND WEDNESDAY OF EACH MONTH / ANNEX LOUNGE</p>	<p>THE HOLLIES LUNCH CLUB 12PM - 1PM £4.50</p>	<p>THE HOLLIES LUNCH CLUB 12PM - 1PM £4.50</p>
<p>MECA CHEST, HEART &amp; STROKE CLUB 2.00PM - 3.00PM</p>	<p>GENTLE WALKS 2PM - 3PM (30-40 MINS) CHANGES BRUNTON HALL</p>	<p>MECA LEARNING CENTRE 2.30PM - 3.30PM BREATHE EASY 2ND WEDNESDAY OF EACH MONTH</p>		
	<p>MENS SHED 2PM OUR LADY OF LORETTA CHURCH HALL</p>	<p>FISHERROW COMMUNITY CENTRE 3PM - 4PM ROOM GYM GENTLE EXERCISE TO MUSIC CHANGES</p>		