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May 20	25					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28 11am: Yoga @ Hull Yoga Studio & Training Academy	29	10am: Silent Book Club @ Brew	1	2	3	4
				1.30pm: Tai Chi @ North Bridlington Library		
5	6 10.30am: Origami @ Humber Wellbeing Hub - Princes Quay	7 11:30am: Tai Chi @ Hull Yoga Studio & Training Academy	8 10.30am: Sports for All @ CYP Bridlington	9 10am: Gardening Social @ Oldroyd's	10	11
				@ Humber Wellbeing Hub - Princes Quay		
1 pm: Silent Book Club @ Coffee Luxe			2pm: Boxing for Health @ Vulcan Gym	1.30pm: Tai Chi @ North Bridlington Library		
12	13	14	15	16	17	18
11am: Yoga @ Hull Yoga Studio & Training Academy				10am: Gardening Social @ Oldroyd's		
10am: Wellbeing through Creativity @ Ferens Art Gallery	10am: Wellbeing through Creativity @ Old Parcels Office	11:30am: Tai Chi @ Hull Yoga Studio & Training Academy	10.30am: Sports for All @ CYP Bridlington	10.30am: Origami @ North Bridlington Library		
10:30am: Kintsugi @ North Bridlington Library		10am: Silent Book Club @ Brew	12.30pm: Boxing for Health @ CYP Bridlington	11am: Kick Start Football @ Active+		
1:30pm: Calligraphy @ North Bridlington Library	1 pm: Gather & Game @ Humber Wellbeing Hub - Princes Quay	10am: Photography @ East Park, Hull	2pm: Boxing for Health @ Vulcan Gym	1.30pm: Tai Chi @ North Bridlington Library		
19 11am: Yoga @ Hull Yoga Studio & Training Academy	20	21	22	23	24	25
11am: Wellbeing Walk @ Bridlington Spa				10am: Gardening Social @ Oldroyd's		
10am: Wellbeing through Creativity @ Ferens Art Gallery	10am: Wellbeing through Creativity @ Old Parcels Office	11:30am: Tai Chi @ Hull Yoga Studio & Training Academy	10.30am: Sports for All @ CYP Bridlington			
10am: Kintsugi @ Humber Wellbeing Hub - Princes Quay	10am: Worry Dolls @ Humber Wellbeing Hub - Princes Quay	10am: Photography @ Bridlington Spa		10.30am: Crochet @ Humber Wellbeing Hub - Princes Quay		
1 pm: Silent Book Club @ Coffee Luxe			12.30pm: Boxing for Health @ CYP Bridlington	11am: Kick Start Football @ Active+		
1pm: Creative Journaling & Scrapbooking @ Humber Wellbeing Hub - Princes Quay	1 pm: Gather & Game @ Humber Wellbeing Hub - Princes Quay	2.15pm: DIY Woodwork for Wellbeing @ Vulcan Learning Centre	2pm: Boxing for Health @ Vulcan Gym	1.30pm: Tai Chi @ North Bridlington Library		
26	27 10am: Wellbeing through Creativity @ Old Parcels Office	28 11:30am: Tai Chi @ Hull Yoga Studio & Training Academy	29 10.30am: Sports for All @ CYP Bridlington	30 10am: Gardening Social @ Oldroyd's	31	1
		10am: Silent Book Club @ Brew	12.30pm: Boxing for Health @ CYP Bridlington	10.30pm: Worry Dolls @ North Bridlington Library		
	1 pm: Gather & Game @ Humber Wellbeing Hub - Princes Quay	10am: Photography @ Pickering Park, Hull	2pm: Boxing for Health @ Vulcan Gym	11am: Kick Start Football @ Active+		
		2.15pm: DIY Woodwork for Wellbeing @ Vulcan Learning Centre		1.30pm: Tai Chi @ North Bridlington Library		

June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31	1
2 11am: Yoga @	3	4	5	6	7	8
Hull Yoga Studio & Training Academy						
11.30am: Wellbeing Walk @ Hull Marina				10am: Gardening Social @ Oldroyd's		
10am: Wellbeing through Creativity @ Ferens Art Gallery	10am: Wellbeing through Creativity @ Old Parcels Office	11:30am: Tai Chi @ Hull Yoga Studio & Training Academy	10.30am: Sports for All @ CYP Bridlington	10.30am: Crochet @ Humber Wellbeing Hub - Princes Quay		
10am: Kintsugi @ Humber Wellbeing Hub - Princes Quay	10.30am: Origami @ Humber Wellbeing Hub - Princes Quay	10am: Photography @ Bridlington North Beach				
1 pm: Silent Book Club @ Coffee Luxe			12.30pm: Boxing for Health @ CYP Bridlington	11am: Kick Start Football @ Active+		
1 pm: Calligraphy @ Humber Wellbeing Hub - Princes Quay	1pm: Gather & Game @ Humber Wellbeing Hub - Princes Quay	2.15pm: DIY Woodwork for Wellbeing @ Vulcan Learning Centre	2pm: Boxing for Health @ Vulcan Gym	1.30pm: Tai Chi @ North Bridlington Library		
9	10	11	12	13	14	15
10am: Wellbeing through Creativity @ Ferens Art Gallery	10am: Wellbeing through Creativity @ Old Parcels Office	11:30am: Tai Chi @ Hull Yoga Studio & Training Academy	10.30am: Sports for All @ CYP Bridlington	10am: Gardening Social @ Oldroyd's		
10:30am: Kintsugi @ North Bridlington Library		10am: Silent Book Club @ Brew	12.30pm: Boxing for Health @ CYP Bridlington	10.30pm: Origami @ North Bridlington Library		
1:30pm: Calligraphy @ North Bridlington Library	1 pm: Gather & Game @ Humber Wellbeing Hub - Princes Quay	10am: Photography @ Hull Marina	2pm: Boxing for Health @ Vulcan Gym	11am: Kick Start Football @ Active+		
11am: Yoga @ Hull Yoga Studio & Training Academy		2.15pm: DIY Woodwork for Wellbeing @ Vulcan Learning Centre		1.30pm: Tai Chi @ North Bridlington Library		
16	17	18	19	20	21	22
11am: Yoga @ Hull Yoga Studio & Training Academy						
10am: Wellbeing through Creativity @ Ferens Art Gallery	10am: Wellbeing through Creativity @ Old Parcels Office	11:30am: Tai Chi @ Hull Yoga Studio & Training Academy	10.30am: Sports for All @ CYP Bridlington	10am: Gardening Social @ Oldroyd's		
10am: Kintsugi @ Humber Wellbeing Hub - Princes Quay	10am: Worry Dolls @ Humber Wellbeing Hub - Princes Quay	10am: Photography @ Bridlington Spa		10.30am: Crochet @ Humber Wellbeing Hub - Princes Quay		
1 pm: Silent Book Club @ Coffee Luxe			12.30pm: Boxing for Health @ CYP Bridlington	11am: Kick Start Football @ Active+		
1 pm: Creative Journaling & Scrapbooking @ Humber Wellbeing Hub - Princes Quay	1 pm: Gather & Game @ Humber Wellbeing Hub - Princes Quay	2.15pm: DIY Woodwork for Wellbeing @ Vulcan Learning Centre	2pm: Boxing for Health @ Vulcan Gym	1.30pm: Tai Chi @ North Bridlington Library		
23	24	25	26	27	28	29
10am: Wellbeing through Creativity @ Ferens Art Gallery	10am: Wellbeing through Creativity @ Old Parcels Office	11:30am: Tai Chi @ Hull Yoga Studio & Training Academy	10.30am: Sports for All @ CYP Bridlington	10am: Gardening Social @ Oldroyd's		
10:30am: Kintsugi @ North Bridlington Library		10am: Silent Book Club @ Brew	12.30pm: Boxing for Health @ CYP Bridlington	10.30pm: Worry Dolls @ North Bridlington Library		
1:30pm: Creative Journalling & Scrap Booking @ North Bridlington Library	1 pm: Gather & Game @ Humber Wellbeing Hub - Princes Quay	10am: Photography @ Humber Bridge Wellbeing Hub	2pm: Boxing for Health @ Vulcan Gym	11am: Kick Start Football @ Active+		
11am: Yoga @ Hull Yoga Studio & Training Academy		2.15pm: DIY Woodwork for Wellbeing @ Vulcan Learning Centre		1.30pm: Tai Chi @ North Bridlington Library		

July 2025

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MONDAY	TUESDAY	WEDNESDAY 2	THURSDAY	FRIDAY	SATURDAY 5	SUNDAY
11am: Yoga @	1	2	3	4	5	6
Hull Yoga Studio & Training Academy						
11am: Wellbeing				10ami Candanina		
Walk @ Bridlington				10am: Gardening Social @		
Spa				Oldroyd's		
10am: Wellbeing	10am: Wellbeing	11:30am: Tai Chi	10.30am: Sports	10.30am: Crochet		
through Creativity @ Ferens Art	through Creativity @ Old	@ Hull Yoga Studio & Training	for All @ CYP Bridlington	@ Humber Wellbeing Hub - Princes Quay		
Gallery	Parcels Office	Academy		. ,		
10am: Kintsugi @ Humber Wellbeing	10.30am: Origami @ Humber	Photography @				
Hub - Princes Quay	Wellbeing Hub - Princes Quay	Bridlington North Beach				
1pm: Silent Book	Times Quay	beach	12.30pm: Boxing	11am: Kick Start		
Club @ Coffee Luxe			for Health @ CYP Bridlington	Football @ Active+		
		2.15				
1 pm: Calligraphy @ Humber	1 pm: Gather & Game @ Humber	2.15pm: DIY Woodwork for	2pm: Boxing for Health @ Vulcan	1.30pm: Tai Chi @ North Bridlington		
Wellbeing Hub - Princes Quay	Wellbeing Hub - Princes Quay	Wellbeing @ Vulcan Learning Centre	Gym	Library		
Tinces quay	Times quay	Learning Centre				
7 11am: Yoga @	8	9	10	-11	12	13
Hull Yoga Studio &						
Training Academy						
10am: Wellbeing	10am: Wellbeing	11:30am: Tai Chi	10.30am: Sports	10am: Gardening		
through Creativity @ Ferens Art	through Creativity @ Old	@ Hull Yoga Studio & Training	for All @ CYP Bridlington	Social @ Oldroyd's		
Gallery	Parcels Office	Academy				
10:30am: Kintsugi @ North		10am: Silent Book Club @ Brew	12.30pm: Boxing for Health @ CYP	10.30pm: Origami @ North		
Bridlington Library			Bridlington	Bridlington		
1:30pm:	1pm: Gather &	10am:	2pm: Boxing for	Library 11am: Kick Start		
Calligraphy @	Game @ Humber	Photography @	Health @ Vulcan	Football @		
North Bridlington Library	Wellbeing Hub - Princes Quay	East Park, Hull	Gym	Active+		
11am: Wellbeing		2.15pm: DIY		1.30pm: Tai Chi @		
Walk @ Driffield		Woodwork for		North Bridlington		
TBC		Wellbeing @ Vulcan Learning Centre		Library		
						ı
14 11am: Yoga @	15	16	17	18	19	20
Hull Yoga Studio &						
Training Academy						
11am: Wellbeing				10am: Gardening		
Walk @ Bridlington Spa				Social @ Oldroyd's		
10am: Wellbeing	10am: Wellbeing	11:30am: Tai Chi	10.30am: Sports	10.30am: Crochet		
through Creativity	through	@ Hull Yoga	for All @ CYP	@ Humber Wellbeing		
@ Ferens Art Gallery	Creativity @ Old Parcels Office	Studio & Training Academy	Bridlington	Hub - Princes Quay		
10am: Kintsugi @	10am: Worry Dolls	10am:				
Humber Wellbeing Hub - Princes Quay	@ Humber Wellbeing Hub -	Photography @ Bridlington Spa				
1pm: Silent Book	Princes Quay		12.30pm: Boxing	11am: Kick Start		
Club @ Coffee			for Health @ CYP	Football @		
Luxe			Bridlington	Active+		
1 pm: Creative	1pm: Gather &	2.15pm: DIY	2pm: Boxing for	1.30pm: Tai Chi @		
Journaling & Scrapbooking @	Game @ Humber Wellbeing Hub -	Woodwork for Wellbeing @ Vulcan	Health @ Vulcan Gym	North Bridlington Library		
Humber Wellbeing Hub - Princes Quay	Princes Quay	Learning Centre				
21	22	23	24	25	26	27
10am: Wellbeing through Creativity	10am: Wellbeing through	11:30am: Tai Chi @ Hull Yoga	10.30am: Sports for All @ CYP	10am: Gardening Social @		
@ Ferens Art	Creativity @ Old	Studio & Training	Bridlington	Oldroyd's		
Gallery 10:30am: Kintsugi	Parcels Office	Academy 10am: Silent	12.30pm: Boxing	10.30pm: Worry		
@ North		Book Club @ Brew	for Health @ CYP	Dolls @ North		
Bridlington Library			Bridlington	Bridlington Library		
1:30pm: Creative	1pm: Gather &	10am:	2pm: Boxing for	11am: Kick Start		
Journalling & Scrap Booking @	Game @ Humber Wellbeing Hub -	Photography @ Pickering Park,	Health @ Vulcan Gym	Football @ Active+		
North Bridlington Library	Princes Quay	Hull				
11am: Yoga @		2.15pm: DIY		1.30pm: Tai Chi @		
Hull Yoga Studio & Training Academy		Woodwork for Wellbeing @ Vulcan		North Bridlington Library		
,,		Learning Centre				
28	29	30	31	1	2	3
11am: Yoga @						
Hull Yoga Studio & Training Academy						
10am: Wellbeing	10am: Wellbeing	11:30am: Tai Chi	10.30am: Sports	10am: Gardening		
through Creativity	through	@ Hull Yoga	for All @ CYP	Social @		
@ Ferens Art Gallery	Creativity @ Old Parcels Office	Studio & Training Academy	Bridlington	Oldroyd's		
10am: Kintsugi @	10.30am: Origami	10am:		10.30am: Crochet		
Humber Wellbeing Hub - Princes Quay	@ Humber Wellbeing Hub -	Photography @ Bridlington North		@ Humber Wellbeing Hub - Princes Quay		
	Princes Quay	Beach	12 20			
1 pm: Silent Book Club @ Coffee			12.30pm: Boxing for Health @ CYP	11am: Kick Start Football @		
Luxe			Bridlington	Active+		
1pm: Calligraphy	1pm: Gather &	2.15pm: DIY	2pm: Boxing for	1.30pm: Tai Chi @		
@ Humber Wellbeing Hub -	Game @ Humber Wellbeing Hub -	Woodwork for Wellbeing @ Vulcan	Health @ Vulcan Gym	North Bridlington Library		
Princes Quay	Princes Quay	Learning Centre				

August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
10am: Wellbeing through Creativity @ Ferens Art Gallery	10am: Wellbeing through Creativity @ Old Parcels Office	11:30am: Tai Chi @ Hull Yoga Studio & Training Academy	10.30am: Sports for All @ CYP Bridlington	10am: Gardening Social @ Oldroyd's		
10:30am: Kintsugi @ North Bridlington Library		10am: Silent Book Club @ Brew	12.30pm: Boxing for Health @ CYP Bridlington	10.30pm: Origami @ North Bridlington Library		
1:30pm: Creative Journalling & Scrap Booking @ North Bridlington Library	1 pm: Gather & Game @ Humber Wellbeing Hub - Princes Quay	10am: Photography @ Hull Marina	2pm: Boxing for Health @ Vulcan Gym	11am: Kick Start Football @ Active+		
11am: Yoga @ Hull Yoga Studio & Training Academy		2.15pm: DIY Woodwork for Wellbeing @ Vulcan Learning Centre		1.30pm: Tai Chi @ North Bridlington Library		
11	12	13	14	15	16	17
11am: Yoga @ Hull Yoga Studio & Training Academy						
10am: Wellbeing through Creativity @ Ferens Art Gallery	10am: Wellbeing through Creativity @ Old Parcels Office	11:30am: Tai Chi @ Hull Yoga Studio & Training Academy	10.30am: Sports for All @ CYP Bridlington	10am: Gardening Social @ Oldroyd's		
10am: Kintsugi @ Humber Wellbeing Hub - Princes Quay	10.30am: Worry Dolls @ Humber Wellbeing Hub - Princes Quay	10am: Photography @ Bridlington Spa		10.30am: Crochet @ Humber Wellbeing Hub - Princes Quay		
1 pm: Silent Book Club @ Coffee Luxe			12.30pm: Boxing for Health @ CYP Bridlington	11am: Kick Start Football @ Active+		
1 pm: Creative Journalling & Scrapbooking @ Humber Wellbeing Hub - Princes Quay	1 pm: Gather & Game @ Humber Wellbeing Hub - Princes Quay	2.15pm: DIY Woodwork for Wellbeing @ Vulcan Learning Centre	2pm: Boxing for Health @ Vulcan Gym			