

May 2025						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	1	2	3	4
11am: Yoga @ Hull Yoga Studio & Training Academy		10am: Silent Book Club @ Brew				
				1.30pm: Tai Chi @ North Bridlington Library		
5	6	7	8	9	10	11
	10.30am: Origami @ Humber Wellbeing Hub - Princes Quay	11:30am: Tai Chi @ Hull Yoga Studio & Training Academy	10.30am: Sports for All @ CYP Bridlington	10am: Gardening Social @ Oldroyd's		
				10.30am: Crochet @ Humber Wellbeing Hub - Princes Quay		
1pm: 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	1pm: 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	20	21	22	23	24	25
11am: Yoga @ Hull Yoga Studio & Training Academy				10am: Gardening Social @ Oldroyd's		
11am: Wellbeing Walk @ Bridlington Spa						
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		
1pm: 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	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		
26	27	28	29	30	31	1
	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: Silent Book Club @ Brew	12.30pm: Boxing for Health @ CYP Bridlington	10.30pm: Worry Dolls @ North Bridlington Library		
	1pm: 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	3	4	5	6	7	8
11am: Yoga @ Hull Yoga Studio & Training Academy				10am: Gardening Social @ Oldroyd's		
11.30am: Wellbeing Walk @ Hull Marina						
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				
1pm: Silent Book Club @ Coffee Luxe			12.30pm: Boxing for Health @ CYP Bridlington	11am: Kick Start Football @ Active+		
1pm: 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	1pm: 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		
1pm: 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	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		
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 Journaling & Scrap Booking @ North Bridlington Library	1pm: 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

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

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 Journaling & Scrap Booking @ North Bridlington Library	1pm: 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		
1pm: 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	1pm: Gather & Game @ Humber Wellbeing Hub - Princes Quay	2.15pm: DIY Woodwork for Wellbeing @ Vulcan Learning Centre	2pm: Boxing for Health @ Vulcan Gym			