

February 2025

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|--|--|
| 3 10am: Kintsugi @ PQ Hub 11am: Yoga @ Hull Yoga Studio 11am: Wellbeing Walk @ Hull Marina 1pm: Calligraphy @ PQ Hub | 4 10am: Wellbeing Through Creativity @ OPO 1pm: Gather & Game / Lego @ PQ Hub | 5 10am: Photography @ Pickering Park Hull 10am: Tai Chi @ PQ Hub AE 1pm: Journalling @ PQ Hub | 6 10:30am: Multisport Bridlington @ CYP 2pm: Boxing @ Vulcan | 7 11am: Kickstart Football @ Active+ 1pm: Wellbeing Through Creativity @ Ferens 1:30pm: Tai Chi @ NBL |
| 10 10:30am: Kintsugi @ NBL 11am: Yoga @ Hull Yoga Studio 1:30pm: Calligraphy @ NBL | 11 10am: Wellbeing Through Creativity @ OPO 1pm: Gather & Game / Lego @ PQ Hub | 12 10am: Photography @ Bridlington North Beach 10am: Tai Chi @ PQ Hub AE | 13 10:30am: Multisport Bridlington @ CYP 2pm: Boxing @ Vulcan | 14 10.30am: Journalling @ NBL 11am: Kickstart Football @ Active+ 1pm: Wellbeing Through Creativity @ Ferens 1:30pm: Tai Chi @ NBL |
| 17 11am: Yoga @ Hull Yoga Studio | 18 10am: Wellbeing Through Creativity @ OPO 1pm: Gather & Game / Lego @ PQ Hub | 19 10am: Photography @ East Park Hull 10am: Tai Chi @ PQ Hub 1pm: Journalling @ PQ Hub | 20 10:30am: Multisport Bridlington @ CYP 2pm: Boxing @ Vulcan | 21 11am: Kickstart Football @ Active+ 1pm: Wellbeing Through Creativity @ Ferens 1:30pm: Tai Chi @ NBL |
| 24 10:30am: Kintsugi @ NBL 11am: Yoga @ Hull Yoga Studio 1:30pm: Calligraphy @ NBL | 25 10am: Wellbeing Through Creativity @ OPO 1pm: Gather & Game / Lego @ PQ Hub | 26 10am: Photography JC @ Bridlington South Beach 10am: Tai Chi @ PQ Hub | 27 10:30am: Multisport Bridlington @ CYP 2pm: Boxing @ Vulcan | 28 10:30am: Journalling @ NBL 11am: Kickstart Football @ Active+ 1pm: Wellbeing Through Creativity @ Ferens 1:30pm: Tai Chi @ NBL |

March**2025**

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|--|--|
| 3 10am: Kintsugi @ PQ Hub 11am: Yoga @ Hull Yoga Studio 11am: Wellbeing Walk @ Bridlington Spa 1pm: Calligraphy @ PQ Hub | 4 10am: Wellbeing Through Creativity @ OPO 1pm: Gather & Game / Lego @ PQ Hub | 5 10am: Photography JC @ West Park Hull 10am: Tai Chi @ PQ Hub 1pm: Journalling @ PQ Hub | 6 10:30am: Multisport Bridlington @ CYP 2pm: Boxing @ Vulcan | 7 11am: Kickstart Football @ Active+ 1pm: Wellbeing Through Creativity @ Ferens 1:30pm: Tai Chi @ NBL |
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April

2025

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|--|--|
| 31 10am: Kintsugi @ PQ Hub 11am: Yoga @ Hull Yoga Studio 1pm: Calligraphy @ PQ Hub | 1 10am: Wellbeing Through Creativity @ OPO 1pm: Gather & Game / Lego @ PQ Hub | 2 10am: Photography @ East Park Hull 10am: Tai Chi @ PQ Hub 1pm: Journalling @ PQ Hub | 3 10:30am: Multisport Bridlington @ CYP 2pm: Boxing @ Vulcan | 4 11am: Kickstart Football @ Active+ 1pm: Wellbeing Through Creativity @ Ferens 1:30pm: Tai Chi @ NBL |
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