

	<b>MORNING</b>	<b>AFTERNOON</b>	<b>EVENING</b>
<b>MONDAY</b>	Computer Skills	HSBP Arts & Crafts (Music)	Pub Quiz
<b>TUESDAY</b>	Gift People	Food shopping/ preparation	Free time/social activities
<b>WEDNESDAY</b>	Life Skills	HSBP Arts & Crafts (Textiles)	Adult Education Class
<b>THURSDAY</b>	Skills for Work	Plan/shop/cook	Free time/social activities
<b>FRIDAY</b>	Henshaw's Gym 1:1	Personal Shopping	Free time/social activities
<b>SATURDAY</b>	Free time/social activities	Knaresborough	Free time/social activities
<b>SUNDAY</b>	Church	Free time/social activities	Free time/social activities