

**Monday****COFFEE, QUIZ & BINGO**Weekly, 11am - 12:30pm, HALE Office  
01274 271088**MEN TOGETHER**Weekly, 1pm - 2:30pm, HALE Office  
JAMES 07946 155347**BOOK CLUB**2nd Monday of Month, 1pm, HALE Office  
01274 271088**Tuesday****MEN'S SHED  
(SALTAIRE/SHIPLEY)**Weekly, 10am - 12pm, Northcliffe Park Allotments  
JAMES 07946 155347**THORNTON VIADUCT WALK**Weekly, 1pm - 3pm, Meet at Thornton Primary School  
JAMES 07946 155347**Wednesday****LADIES' SHED  
(SALTAIRE/SHIPLEY)**Weekly, 10am - 12pm, Northcliffe Park Allotments  
JAMES 07946 155347**SHIPLEY HEALTH WALK**Weekly, 1pm - 3pm, Meet at Noble Comb, Shipley  
JAMES 07946 155347**Thursday****COFFEE, QUIZ & BINGO**Weekly, 11am - 12:30pm, HALE Office  
01274 271088**MEN'S SHED  
(BILDON )**Weekly, 10am - 12pm, Bracken Hall Countryside Centre  
01274 271088**Friday****FRIDAY FRIENDS - MEN**Weekly, 10:30am - 12:30pm, HALE Office  
KHALIL 07946 154410 or JAMES 07946 155347**FRIDAY FRIENDS - LADIES**Weekly, 1pm - 3pm, HALE Office  
REBECCA 07840 099498