

# Young at Heart Programmes 2023

Wednesday January 11 <sup>th</sup>	Bingo & Entertainer-Lloyd Ellory
Wednesday January 18 <sup>th</sup>	New Year Health Check-up & Bingo
Wednesday January 25 <sup>th</sup>	Chinese New Year Party at 4pm
Wednesday February 1 <sup>st</sup>	Bingo & Chair Yoga
Wednesday February 8 <sup>th</sup>	Disco and Bingo
Wednesday February 15 <sup>th</sup>	Line Dancing
Wednesday February 22 <sup>nd</sup>	Ash Wednesday Mass & Social
Wednesday March 1 <sup>st</sup>	Bingo & Entertainer-Richie Richardson
Wednesday March 8 <sup>th</sup>	St. Patrick's Day Craft
Wednesday March 15 <sup>th</sup>	St. Patrick's Day Celebrations-Mike Marandi
Wednesday March 22 <sup>nd</sup>	Karaoke Party with Cash Prizes
Wednesday March 29 <sup>th</sup>	Easter Craft Afternoon
Wednesday April 5 <sup>th</sup>	Easter Bonnet Parade & Party
Wednesday April 12 <sup>th</sup>	Zumba Dancing
Wednesday April 19 <sup>th</sup>	Pre-Irish Holiday Trip Party
Wednesday April 26 <sup>th</sup>	No Club-Holiday to Ireland
Wednesday May 3 <sup>rd</sup>	Quiz Afternoon and Disco
Monday May 8 <sup>th</sup>	Afternoon at Windsor Races
Wednesday May 10 <sup>th</sup>	Coronation Party