

12th April



Hopping with eggs-ite-ment for Easter?!

Easter has many traditions - do you attend an Easter Parade? Wear a bonnet? Observe Lent? Decorate and Hunt for Eggs or enjoy a good meal? Are the budding Picasso's in YMC going to produce mini-master pieces with Easter Egg painting today?



Janet is making Easter biscuits to decorate!



Cottage Pie for lunch!



26th April



What else is out there?

There are a lot of organisations providing a vast array of services in the community, today Janet has arranged for Action for Elders to give a presentation on the services they offer.

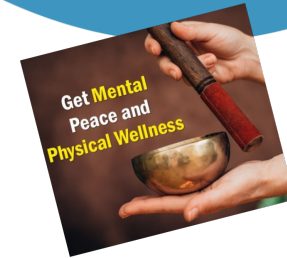
If there are particular topics or groups you'd like to learn more about please let Janet know and she will make it happen!



Fish N Chip lunch today!



10th May



SoundBath therapy with Sarah

Bring your cushion and favourite blanket for a relaxation session with Sarah from Beat-It Percussion.

Beat-It Percussion successfully secured National Lottery funding to provide these sessions in our South Powys Meeting Centres, for the rest of the financial year if you'd like it!

Today's Menu is: Jacket potato and fillings - will you try a sweet potato for a change?

