

HICOM

NOVEMBER 2016.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1ST TESCO CH SA /TF	2nd	3rd Drs DK Sue Hill	4 th St Audreys FT	5th
6th St Andrews	7 th Stroke/exercise DR	8th St Audreys DD SA /TF	9 th Brackenbury BR	10th Drs DK Homefield CH Morrisons	11th Village ? Brackenbury AL Sainsburys	12th
13 th St Andrews	14th Stroke /exerciseVD	15th Tesco FT SA /TF	16th	17th Drs DK Morrisons CH	18th St A FT	19th
20th	21st Stroke/exerciseDR	22nd St Audreys DD SA /TF	23rd	24th Drs DK Brackenbury CH Waitrose	25th Cottenham AL	26th
27th	28th Stroke /exerciseDR	29th SA /TF	30th			

For information or to make bookings please contact:-Jean Newman our Elderly Persons Coordinator on 07772 437789 or jean.newman7@ntlworld.com Paul Seekings 07982 106805 Paul@seekings07.plus.com or s.hill2@ntlworld.com