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Monday	Social Club at the Richmond Club, Hereford 			
Tuesday	Art and Craft 	Knitting group. 	Gardening 	Ceramic Cafe 
Wednesday	Laughter Club 	Film and Book Club Coming Soon! 	Bingo 	Baking and kitchen skills 
Thursday	Dance and movement 	Board games 	Afternoon Quiz 	Garden Care 
Friday	Drama  	Knitting group 	Groove Circle Music with Reaction Music 	Wii Games 

For information on our activities please contact us on 01432 266881 or email community.hub@aspirehereford.org.uk