



## Martock Seniors Programme 2018

### Tuesdays

15 <sup>th</sup> January	Model building
22 <sup>nd</sup> January	Pizza making/ healthy eating
29 <sup>th</sup> January	Lets make some noise
5 <sup>th</sup> February	Mocktails/ alcohol awareness
12 <sup>th</sup> February	What makes a safe Relationship/Valentines
19 <sup>th</sup> February	Make your own Burgers
26 <sup>th</sup> February	Wear something red day

For more information please contact

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