



CiR Community Events



WHAT'S ON ???

Week commencing: 2nd January 2023

Monday – Bank Holiday

Closed

Tuesday

Guided Meditation – 3pm to 4pm

Halifax Hub with Stan

Circuit Training – 5pm to 6pm

Halifax TBRP Gym with Louis and Kelly Anne

Wednesday

Breakfast Club – 10am to 11:30am

Halifax Hub

Couch 2 5k – 11am to 11.45am

Meet Kelly at Savile Park

Football - 5pm to 6pm

With Elliott @ Beech Hill Primary School football pitch

Thursday

Singo Bingo – 7.15pm onwards

Halifax Hub with Tosh

Friday

Baking Group – 10am to 12pm

Halifax Hub with Tosh

Choir – 10am to 11am

Halifax Hub with

Allotment – 10am to 12pm

Meet John Mc @ Halifax Hub

Circuit Training – 5pm to 6pm

Halifax TBRP Gym with Louis and Kelly Anne

Saturday

Here and Now – 10.30am to 11.30am

Halifax Hub

Sunday

Circuit Training – 10am to 11am

Halifax TBRP Gym with Louis and Kelly Anne

Walk with Tosh – 10.30am onwards

Newmillerdam meeting at TBRP

See Facebook for Further details

Couch 2 5k – 11.30am to 12.15pm

Meet Kelly @ Savile Park

www.calderdaleinrecovery.com

www.facebook.com/groups/calderdaleinrecovery