

What's On: January - March 2023

MONDAY

Healthy Lifestyle

9:30am - 10:15am

Email: tiffany@saathihouse.org to register

TUESDAY

Creative English

9:30am - 11:30am

Email: shamsun@saathihouse.org for details

WEDNESDAY

Walking & Cycling

9:30am - 10:30am

Email: meena@saathihouse.org to register

THURSDAY

Stay & Play

9:30am - 11:30am

Coffee morning with free baby massage sessions. Email: meena@saathihouse.org to register

FRIDAY

Creative English

9:30am - 11:30am

Email: shamsun@saathihouse.org for details

SATURDAY

Youth Theatre

10:30am - 12:30pm

Email: fateha@saathihouse.org for details

Beginner's Boxing

11:30am - 12:30pm

Email: tiffany@saathihouse.org for details



OUR PROJECTS ARE SUPPORTED BY



Floristry

12:30pm - 2:30pm

Email: tiffany@saathihouse.org to register

Netball

7:30pm - 9:30pm

Email: tiffany@saathihouse.org to register



Healthy Life Workshops

10:30am - 11:30am

Email: meena@saathihouse.org to register

Sewing (Level 2)

9:30am - 11:30am

Email: meena@saathihouse.org to register

Sewing (Level 1)

12:00pm - 2:00pm

Email: meena@saathihouse.org to register



Origami Paper Crafts

9:30am - 11:30am

Email: fateha@saathihouse.org to register

Craft & Qawaali

12:30pm - 2:30pm

Email: fateha@saathihouse.org to register

Reading and Writing Skills

12:30pm - 2:30pm

Email: tiffany@saathihouse.org

Digital Skills

12:30pm - 1:30pm

Email: meena@saathihouse.org to register

ACTIVITY TASTER SESSIONS:

January - March 2023

Walking Netball | Walking Football | Self-defence Basketball | Boxing | Chair Yoga and more

Email: tiffany@saathihouse.org for more details

KEY DATES:

Wed 11 Jan | 10am - 12pm

COL workshop in partnership with Tesco

Fri 3 Feb | Time TBC

Macmillan coffee morning for Cancer Awareness Day

Fri 3 Mar | 10am - 12pm

Menopause workshop with Menopause Talk CIC

Wed 8 Mar | 9.30am - 12.30pm

International Women's Day celebrations, Aston Uni



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