



for physical & mental wellbeing

01227 788211
office@takeoff.works
www.takeoff.works

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:30am Wellbeing group Vinyl Head Café Ramsgate	2	3
6	7	8 3pm Thanet Explorers	9	10
13 10:30am Wellbeing group Vinyl Head Café Ramsgate	14 10:30 Creative group Cliffs Café Margate	15 10:30am Wellbeing group Vinyl Head Café Ramsgate	16	17
20	21	22 3pm Thanet Explorers	23	24
27 10:30am Wellbeing group Vinyl Head Café Ramsgate	28 10:30 Creative group Cliffs Café Margate	29 10:30am Wellbeing group Vinyl Head Café Ramsgate	30	