

Our Venues

Hatters Space

Upper Abbey Street, Nuneaton, CV11 5DN



CHESS

460 Cedar Road, Nuneaton, CV10 9DN



Olivers Nightclub

19 Lower Gungate, Tamworth, B79 7AT



Griff & Coton Cricket Club

Heath End Road, Nuneaton, CV10 7JQ



Simon Thomas
Adult Coordinator

simonthomas@tabw.org.uk

How to Book

Contact Simon for more information about all of our groups and to book onto the activities of your choice.

- Our hourly rate is £14.45
- All Activities must be pre-booked
- Bookings are taken on a 6 week basis
- Some sessions may have an additional cost



Company Guarantee No: 4075624 | Registered Charity No: 1086774

Produced 24/09/2016



Adults Services

Nuneaton & Bedworth

TABLO

Day Opportunities

Timetable

www.tabw.org.uk
02476 644 909

Nuneaton & Bedworth TABLO Timetable

Produced 24/09/2016



| WEEKDAYS AT HATTERS SPACE | | | | | |
|---------------------------|--------------|------------|----------------|-----------------|-------------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 10am-12pm | Living Well | Well Being | Healthy Eating | Creative Crafts | Music |
| | Dance | | | | Dancercise |
| LUNCH AT HATTERS SPACE | | | | | |
| 1pm-3pm | Shop to Cook | Baking | Healthy Eating | Baking | Choir |
| | | | | | Board Games |

| DAYTIMES IN THE COMMUNITY | | | | | | | |
|---------------------------|----------------------|-------------------------|---------------|----------|--------|------------------------|-------------------------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 10am-12pm | | Walking Group | Snooker | Bowling | | Drama Griff & Coton | Sporty TABs at CHESS |
| | | | | | | MAC TABs at CHESS | |
| 1pm-3pm | Football at CHESS | Horticulture Project | Walking Group | Yoga | | Older Men's Group | |
| | Lavender Ladies | | | Bowling | | | |

| EVENINGS IN THE COMMUNITY | | | | | |
|---------------------------|----------------------|------------------------|--------------------------------------|-----------------------|---------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Evening | MAC TABs at CHESS | Drama Griff & Coton | Olivers Nightclub once a month | Men's Social Group | Bowling |
| | | | Women's Group | MAC TABs at CHESS | |

| Activity Type |
|------------------------------------|
| Learning Skills / Special Interest |
| Social groups |
| Sports & Physical Exercise |
| Food / Cooking |
| Art & Performance |