














August 2026

Timetable of activities for Activity for All project - a project providing activities for adults aged 18+ living with a learning disability



Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10 	11	12	13	14	15	16
17	18	19	20	21	22	23
24 	25	26	27	28	29	30

See overleaf for meaning of activity symbols and for more details

-  Indoor bowls, archery and New Age Kurling
-  Adaptive cycling
-  Outdoor adventure
-  Yoga
-  Ten pin bowling
-  Dry slope tubing
-  Foot golf
-  Instructor-led gym sessions
-  Social swim
-  Interactive dance
-  Gymnastics
-  Basketball
-  Exercise to music

For full details including venues and costs please visit:
www.healthytelford.com/activity-for-all
or search online for "Activity for All Telford"

To book and pay for a place please call
01952 567960 (answerphone in operation)
or email enquiries@harpc.org.uk