

September 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
31 	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