

# April 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

# May 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	31

See overleaf for meaning of activity symbols and for more details

# June 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

# July 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	31		

See overleaf for meaning of activity symbols and for more details

# 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

# 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](http://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](mailto:enquiries@harpc.org.uk)