Saheli Day Centre

Weekly Activity Planner · W/C 16th November 2026

HAWA MULTICULTURAL SERVICES CIC community | culture | empowerment

MONDAY 16th St Lukes Church Closed	WEDNESDAY 18th Fleetville Community Centre	THURSDAY 19th Fleetville Community Centre
12:00pm – 2:00 pm **Visit-Collective Gallery** to enjoy the "Faith in Felt" exhibition, followed by a short charity walk at Verulamium Park  This is an exhibition of beautiful felting artwork created by women from the local Muslim community as part of a cathedral community project, in partnership with St Albans Arts Team. Celebrating creativity, culture, and community! Free Entry **Walk for Oxfam** Weather permitting, enjoy a short walk around Verulamium Park to raise money for Oxfam, supporting their vital work providing food, clean water, and emergency aid to people affected by poverty and crisis. Voluntary donations are warmly welcomed.	**9:30–10:00 am** **Registration** **10:00–11:30 am** **Digital** NHS Appointment Booking and Triage Forms. (Continued) Learn how to book NHS appointments and complete triage forms confidently and correctly, making it easier to access healthcare services and get the right support. Plus: literacy support, arts and crafts, games and puzzles. **11:30 am–12:00 pm** **Tea break** **12:00–1:00 pm** **Exercise:** Chair Pilates with Najima **1:00–1:30 pm** Friendly catch-up	**9:30–10:00 am** **Registration** **10:00–11:30 am** **Literacy** Reading Together Enjoy a fun reading session with books, magazines and short stories. Read together, explore pictures and share favourite stories while keeping minds active! Plus: **Sewing and Alterations Workshop**, digital support, games and puzzles. **11:45 am–12:00 pm** **Tea break** **12:00–1:00 pm** **Exercise:** Resistance training with Rabina **1:00–1:30 pm** Friendly catch-up

Activities may change. Please check the latest update before attending.