

The PPF virtual timetable

Virtual means it's online. Ask someone to help you get online to join in. All sessions are on Zoom unless it says.

Join **PPF Moving On at Home** group and we will tell you how to find us on Zoom

PPF groups and **Gaming Club** have separate Facebook groups for members

Facebook Live sessions: join the Pembrokeshire People First **group** (*not page – I know it's confusing!*) and join in.

	Morning at 10.30	Morning at 11.00	Lunchtime at 1.00	Afternoon at 3.00	Afternoon at 4.00	Afternoon at 5.00
Monday	The Toast club! Say hello!	Music Quiz		The return of Emmy's Art Club!		
Tuesday	The Toast club! Say hello!	Keep fit! Fun exercise for everyone		Living skills like cooking & looking after you	General Knowledge Quiz	Tips for relaxing
Wednesday	The Toast club! Say hello!	Pop in for a chat with an advocate		Express Yourself! Something new, fun & creative.		Young Moving On
Thursday	The Toast club! Say hello!	Groups with Ashley	Bingo with Sophie. Make your own Bingo card with 15 numbers from 1-90	Living skills like cooking & looking after you	General Knowledge Quiz	Tips for relaxing
Friday	The Toast club! Say hello!	Gaming Club with Jon.		General safety/awareness session		