

NOVEMBER 2019

DAY	TIMING	DATES AND SESSIONS				
Monday	11:00-1:00		4 Music	11 Music	18 Music	25 Dance
Monday	2:00-4:00			Bridge	Bridge	Bridge
Tuesday	11:00-1:00		5 German	12 German	19 German	26 German
Tuesday	2:00-4:00			Origami		Origami
Wednesday	11:00-1:00		6 Chess	13 भावना अनुभवताना, समजून घेताना	20 Chess	27 Harmonium
Wednesday	2:00-4:00			Sanskrit	Baking	Cooking
Thursday	11:00-1:00		7 Abhivavhan	14 Varali painting	21 Abhivachan	28 Varali painting
Thursday	2:00-4:00				Clay moulding	
Friday	11:00-1:00		8	15 Dance	22 Dance	29 Dance
Friday	2:00-4:00		Brain games	Carom	Carom	

- This is a timetable of IPH's Neuropsychological Nurturance Center for senior citizens.
- *Each day is divided into two parts* according to timings of the sessions.
- For details, contact: Saptasopan- 8291982566/ 8291982568 (between 10 am & 6 pm).