



# MIDDLE STREET RESOURCE CENTRE TIMETABLE

Dec-18

74 MIDDLE STREET, BEESTON NG9 2AR

CAFÉ OPEN 9-4

MON	TUES	WED	THURS	FRI	SAT
WELLBEING 10.30-12.00 FORTNIGHTLY			SLIMMING WORLD 9.30-11.30 £	MINDSET WALKS (FORTNIGHTLY) 10.00-12.30	SLIMMERS WORLD 08.00-13.00 £
RELAXATION 10.30-12.00 FORTNIGHTLY	ACCUPUNCTURE 10:00-14:00 £	CRAFT AND SOCIAL GROUP 10.30-12.00			CAFÉ OPEN 09.00-11.30
MIDDLE STREET COMMUNITY GARDEN GROUP 10.30-15.00	OPEN VOICES CHOIR 10:00-12:00 £	INTRO TO BRITISH SIGN LANGUAGE 11:00-12:00	FIVE-A-SIDE FOOTBALL (MONTHLY) 11:30-15:30	MINDFULNESS (DROP IN) 11:00-12:00 £	GAMELAN (TUNED PERCUSSIVE ORCHESTRA) 10:30-11:30 £
	PHOTOGRAPHY 11:00-13:00 £	BEGINNERS GUITAR GROUP (ASK AT RECEPTION)			
BAPTIST CHURCH LADIES FELLOWSHIP 13:30-15:00		OPEN ART GROUP 13.00-15.00		OPEN MUSIC SESSION 12.00-13.30	
POETRY GROUP 13.30-15.00	KEYBOARD (GROUP TUITION) 13.00-14.00	MIDDLE STREET COMMUNITY MEETING 13.30-14.30	WOODWORK 13:00-15:00		
STRESS RELIEF YOGA 13.30-14.30 £		HEARING VOICES GROUP EVERY FIRST AND THIRD WEDNESDAY OF THE MONTH 14.30-16.00	OPEN TALK AND SUPPORT GROUP 14:00-15:00		
CAKE AND BREW 14:00 - 16:00				NATURE IN MIND DRUM CLUB (ASK AT RECEPTION FOR DATES) 14:00-16:00	
	MINDSET GUITAR GROUP (ASK AT RECEPTION)		BEESTON MEMORY CAFÉ 1ST,2ND AND 4TH THURSDAY OF THE MONTH 14.00-16.00	INDIVIDUAL PIANO LESSONS (BY APPOINTMENT, ASK AT RECEPTION) £	
TAI CHI 15.00-16.00 £	POOL GROUP 16:30-17:30				
			MINDFULNESS 19:00-21:00 £		
			CHINESE YOGA 18.00-19.00 £		
BEE CREATIVE ARTS AND CRAFTS 19.00-21.00			TAI CHI 19.00-20.00 £		£ CHARGES MAY APPLY PLEASE ENQUIRE FOR MORE INFORMATION

Offsite Group      MINDSET      OTHER      COLLEGE      12/10/2018 14:15      0115 925 2516