

MON	TUES	WED	THURS	FRI	SAT
WELLBEING 10:30-12:00 FORTNIGHTLY		£ SINGING FOR FUN 10:30-12:00	£ SLIMMING WORLD 9:30-11:30	FEELING BETTER (FORTNIGHTLY) 10:00-12:00	£ SLIMMING WORLD 08:00-13:00
RELAXATION 10:30-12:00 FORTNIGHTLY	£ ACUPUNCTURE K AT RECEPTION FOR DETAILS)	CRAFT AND SOCIAL GROUP 10.30-12.00	£ PEAK DISTRICT WALKS (ASK AT RECEPTION)		CAFE OPEN 09:00-11:30
MIDDLE STREET COMMUNITY GARDEN PROJECT 10:30-15:00	£ OPEN VOICES CHOIR 10:00-12:00	WOODWORK (CONTACT RECEPTION)	BOOK CLUB (FORTNIGHTLY) 10:30-12:30	MINDSET WALKS (FORTNIGHTLY) 10:00-12:30	
£ STRONG AND STEADY (BALANCE EXERCISE CLASSES) 10:00-11:00 AND 11:00-12:00		PIANO LESSONS (BY APPOINTMENT, LEAVE CONTACT AT RECEPTION)		£ MINDFULNESS (DROP IN) 11:00-12:00	
£ GAMELAN 11:00-13:00		BEESTON WOMEN'S GROUP 10:30-11:30	FIVE-A-SIDE FOOTBALL (MONTHLY) 12:30-15:00	OPEN MUSIC SESSION 12:00-13:30	
POETRY GROUP 13:30-15:00		INTRO TO BRITISH SIGN LANGUAGE 11:00-12:00	WOODWORK (CONTACT RECEPTION)	FUNCTIONAL SKILLS ENGLISH 13:00-15:00	
BAPTIST CHURCH FELLOWSHIP 13:30-15:00	BEESTON CARERS (2ND TUESDAY OF MONTH) 15:00-17:30		OPEN TALK AND SUPPORT GROUP 14:00-15:00	FILM CLUB 13:30 (FORTNIGHTLY)	
£ STRESS RELIEF YOGA 13:30-14:30	COMPUTER SKILLS DROP-IN 14:00-15:30	GUITAR TUITION GROUP (CONTACT RECEPTION)		NATURE IN MIND DRUM CLUB (ASK AT RECEPTION FOR DATES) 14:00-16:00	
CHESS AND BOARD GAME DROP IN 15:30-17:30	GUITAR TUITION GROUP (CONTACT RECEPTION)	MIDDLE STREET COMMUNITY MEETING 13:30-14:30	£ BEESTON MEMORY CAFÉ 14:00-16:00	INDIVIDUAL PIANO LESSONS (BY APPOINTMENT, ASK AT RECEPTION) £	
MIDDLE STREET KNITTERS (FIRST MONDAY OF MONTH) 14:00-16:00	POOL GROUP 16:30-17:30	HEARING VOICES GROUP EVERY FIRST AND THIRD WEDNESDAY OF THE MONTH 14:30-16:00		CREATIVE WRITING 15:00-16:30	
£ TAI CHI 15:00-16:00	£ KUNG FU 19:00-20:00				
£ PARKINSON'S EXERCISE 18:00-19:00		£ YOGA 18:30-21:00	£ TAI CHI 18:30-19:00		
BEE CREATIVE ARTS AND CRAFTS 19:00-21:00			£ TAI CHI 19:00-20:00		£ CHARGES MAY APPLY PLEASE ENQUIRE FOR MORE INFORMATION