

MON	TUES	WED	THURS	FRI	SAT
WELLBEING 10:30 - 12:00 FORTNIGHTLY	MUSIC FOR EVERYONE 10:30-12:30 £	BEESTON WOMEN'S GROUP 10:30-11:30	PEAK WALKS (ASK FOR DETAILS, LIMITED NUMBERS)	FEELING BETTER (FORTNIGHTLY) 10:00-12:00	SLIMMING WORLD 7:30-12:30 £
RELAXATION 10:30-12:00 FORTNIGHTLY		CRAFT AND SOCIAL GROUP 10.30-12.00		WALKING GROUP (FORTNIGHTLY) 9:30 -12:30	
GAMELAN 11:00-13:00			SLIMMING WORLD 9:00-11:00 £		
YOGA 13:30-14:30 £		COMMUNITY MEETING 13:00-14:00 (24th November)	FOOTBALL (1ST THURSDAY OF THE MONTH) 13:00-15:00	ART GROUP 13:00 -14:30	
POETRY GROUP 13:30-15:00	PHOTOGRAPHY GROUP 14:00 - 15:00	YOGA 1300-1400 £		CREATIVE WRITING 13:00-15:00	
	BEESTON CARERS (2ND TUESDAY OF MONTH) 14:00-15:00	BRITISH SIGN LANGUAGE 14:00 - 15:00	TALK AND SUPPORT GROUP 14:00-15:00		
	GUITAR GROUP 14:00 -15:00				
			BEESTON MEMORY CAFÉ 14:00-16:00 £		
		HEARING VOICES GROUP EVERY FIRST AND THIRD WEDNESDAY OF THE MONTH 14:30-16:00			
			SLIMMING WORLD 17:30-18:30 £		
			GENTLEMAN UNITED (FINAL THURSDAY EACH MONTH) 19:00-20:00		
					£ CHARGES MAY APPLY PLEASE ENQUIRE FOR MORE INFORMATION