

MIDDLE STREET RESOURCE CENTRE TIMETABLE

Jan-22

0115 9252516		74 MIDDLE STREET, BEESTON, NOTTINGHAM NG9 2AR			WWW.MSRC.ORG.UK
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WELLBEING 10:30 - 12:00 FORTNIGHTLY	STAINED GLASS FOR IMPROVERS 9:30 - 12:30 (Starts 18th Jan)	BEESTON WOMEN'S GROUP 10:30-11:30		FEELING BETTER (FORTNIGHTLY) 10:00-12:00	
RELAXATION 10:30 - 12:00 FORTNIGHTLY	PRINT MAKING & COLLAGE ART 10:00 - 12:30 (Starts 18th Jan)	CRAFT AND SOCIAL GROUP 10.30-12.00	MIXED TEXTILES 10:00 - 12:30	LOCAL WALKING GROUP (FORTNIGHTLY) 9:30 -12:30	
GAMELAN 11:00-13:00	MUSIC FOR EVERYONE 10-30 - 12:30		SLIMMING WORLD 9:00-11:00		
YOGA 13:30-14:30	STAINED GLASS FOR IMPROVERS 13:00 - 16:00 (Starts 18th Jan)	FILM CLUB (The Best Exotic Marigold Hotel) 13:00 - 15:30 (19th Jan)	FOOTBALL (RETURNS 1ST THURSDAY OF FEB) 13:00-15:00	MUSIC JAM 12:00 - 13:30	
POETRY GROUP 13:30-15:00	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	ART GROUP 13:00 - 14:30	
	GUITAR GROUP 14:00 -15:00	HEARING VOICES GROUP EVERY FIRST AND THIRD WEDNESDAY OF THE MONTH 14:30 -16:00	BEESTON MEMORY CAFÉ 14:00 -16:00	CREATIVE WRITING 13:00-15:00	
			SLIMMING WORLD 17:30 -18:30		
			GENTLEMAN UNITED (FINAL THURSDAY EACH MONTH) 19:00-20:00		
SATURDAY					
SLIMMING WORLD 7.30 - 12.30		CHARGES MAY APPLY PLEASE ENQUIRE FOR MORE INFORMATION	COLLEGE ENROLMENT 6th JANUARY 12:00 - 14:00	CAFÉ OPEN Monday - Friday 9:30 - 15:00	
MINDSET	COLLEGE	OTHER	Offsite Group		