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74 MIDDLE STREET, BEESTON, NOTTINGHAM NG9 2AR

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WELLBEING 10:30 - 12:00 (FORTNIGHTLY)	£ MUSIC FOR EVERYONE 10:30 - 12:30	BEESTON WOMEN'S GROUP 10:30 - 11:30	HIKING GROUP (BOOKING VIA RECEPTION, LIMITED NUMBERS)	LOCAL WALKING GROUP (FORTNIGHTLY) 9:30 - 12:30
RELAXATION 10:30 - 12:00 (FORTNIGHTLY)		CRAFT AND SOCIAL GROUP 10:30 - 12:00	£ BUILD YOUR CONFIDENCE (26th May 9.00-16.30)	FEELING BETTER (FORTNIGHTLY) 10:00 - 12:00
£ GAMELAN 11:00 - 13:00 (PREBOOKING REQUIRED)			£ SLIMMING WORLD 9:00-11:00	
KNIT AND NATTER 13:00 - 14:00 (1st MONDAY OF MONTH)	GUITAR GROUP 14:00 - 15:00	MIDDLE STREET COMMUNITY MEETING 13:00 - 14:00 (LAST WEDNESDAY OF THE MONTH)	FOOTBALL (1st THURSDAY OF THE MONTH) 13:00 - 15:00	MUSIC JAM 12:00 - 13:30
POETRY GROUP 13:30 -15:00	LIVING WITH LOSS 14:00 - 15:00 (Last Tuesday of the Month)	BRITISH SIGN LANGUAGE 14:00 - 15:00	TALK AND SUPPORT GROUP 14:00 - 15:00	ART GROUP 13:00 - 14:30
£ YOGA 13:30 -14:30	BEESTON CARERS (2nd TUESDAY OF MONTH) 14:30 - 16:00	HEARING VOICES GROUP 14:30 - 16:00 (1st & 3rd WEDNESDAY OF THE MONTH)	£ BEESTON MEMORY CAFÉ 14:00 - 16:00	CREATIVE WRITING 13:00 - 15:00
MEDITATION FOR EVERYONE 14:00 - 15:00 (1st MONDAY OF THE MONTH)			£ SLIMMING WORLD 17:00 - 18:30	
	LATIN DANCE CLASS 16:00 - 17:00 (2nd & 4th TUESDAY OF THE MONTH)		GENTLEMAN UNITED LAST THURSDAY EACH MONTH) 19:00 - 20:00	
SATURDAY				
£ SLIMMING WORLD 7:30 - 12:30	CAFÉ OPEN MONDAY - FRIDAY 9:30 - 15:00	*COLLEGE COURSES ARE FREE IF YOU ARE ON MEANS TESTED BENEFITS*	*PASTA NIGHT WITH MUSIC FRIDAY 27TH MAY 7.30PM TICKETS ON SALE IN ADVANCE*	CHARGES MAY APPLY PLEASE ENQUIRE £ FOR MORE INFORMATION
MINDSET	OTHER	COLLEGE	50th CELEBRATION EVENT	OFFSITE GROUP