

0115 9252516		74 MIDDLE STREET, BEESTON, NOTTINGHAM NG9 2AR			WWW.MSRC.ORG.UK
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BOXERCISE (Woman Only) £ 9:30 - 10:30			HIKING GROUP (Booking via Reception, Limited Numbers)	LOCAL WALKING GROUP (Fortnightly) 9:30 - 12:30	
WELLBEING 10:30 - 12:00 (Fortnightly)	MUSIC FOR EVERYONE £ 10:30 - 12:30 (Returns September)	BEESTON WOMEN'S GROUP 10:30 - 11:30	SLIMMING WORLD £ 9:00 - 11:00	FEELING BETTER (Fortnightly) 10:00 - 12:00	
RELAXATION 10:30 - 12:00 (Fortnightly)		CRAFT AND SOCIAL GROUP 10:30 - 12:00			
GAMELAN £ 11:00 - 13:00 (Restarts 19th September)					
KNIT AND NATTER 13:00 - 14:00 (1st Monday of the Month)	GUITAR GROUP 14:00 - 15:00	MIDDLE STREET COMMUNITY MEETING 13:00 - 14:00 (Last Wednesday of the Month)	TALK AND SUPPORT GROUP 14:00 - 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	BEESTON MEMORY CAFÉ £ 14:00 - 16:00	ART GROUP 13:00 - 14:30	
YOGA £ 13:30 - 14:30	BEESTON CARERS (2nd Tuesday of the Month) 14:30 - 16:00	HEARING VOICES GROUP 14:30 - 16:00 (1st & 3rd Wednesday of the Month)	MINDSET MUSIC PROJECT 14:00 - 16:00	CREATIVE WRITING 13:00 - 15:00	
MEDITATION FOR EVERYONE (3rd Monday of the Month) 14:00 - 15:00	LATIN DANCE CLASS 16:00 - 17:00 (2nd & 4th Tuesday of the Month)		SLIMMING WORLD £ 17:00 - 18:30	CHAT & CROCHET (1st Friday of the Month) 13:30 - 3:00	
BOXERCISE (Women Only) £ 18:00 - 19:00			GENTLEMAN UNITED (Last Thursday of the Month) 19:00 - 20:00	MINDSET MUSIC PROJECT 14:00 - 16:00	
SATURDAY					
SLIMMING WORLD £ 7:30 - 12:30	CAFÉ OPEN MONDAY - FRIDAY 9:30 - 15:00	MAYOR'S FAYRE Saturday 3rd September 1:00 - 5:00pm @ Middle Street Resource Centre	AFTERNOON TEA DANCE Saturday 10th September 2:00 - 4:00pm Tickets £5, From reception	CHARGES MAY APPLY PLEASE ENQUIRE £ FOR MORE INFORMATION	
MINDSET	OTHER	COLLEGE	50th CELEBRATION EVENT	OFF-SITE GROUP	