



Timetable

Feb-26

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WELLBEING 10.30 - 12.30 (9th & 23rd February)				HIKING GROUP / MINIBUS TRIPS (Alternate weeks, Booking Required, £ Limited Numbers)	LOCAL WALKING GROUP 9.30 - 12.30 (6th & 20th February)
RELAXATION 10.30 - 12.30 (2nd & 16th February)		MUSIC FOR EVERYONE 10.30 - 12.30	CRAFT AND SOCIAL GROUP 10.30 - 12.00		
TED TALKS 11.00 - 12.00					
POETRY GROUP 13.30 - 15.00			COMMUNITY CHAT 13.00 - 14.00 (25th February)		
SPIRITUALITY GROUP 13.00 - 14.00 (2nd & 16th February)		MOVIE CLUB 13.00 - 16.00 (3rd February)	HEARING VOICES 14.30 - 16.00 (4th & 18th February)		MUSIC JAM 12.00 - 13.30
BIBLE STUDY 13.00 - 14.00 (9th & 23rd February)			MUSIC APPRECIATION 13.30 - 15.00	BEESTON MEMORY CAFE 13.45 - 15.45	ART GROUP 13.00 - 15.00
YOGA WITH KAREN £ 13.30 - 14.30		BEGINNERS GUITAR GROUP 14.00 - 15.00	HEALTH TALKS 14.00 - 16.00 (18th February)	MENS GROUP 19.00 - 20.00 (26th February)	CREATIVE WRITING 13.30 - 15.00
GUITAR GROUP 14.00 - 15.30		LETS TALK ABOUT... 14.00 - 16.00 (3rd & 17th February)	PRAYER GROUP 15.00 - 15.30	SINGPROVISE - Improvised Circle Singing 19.20 - 20.50 (5th & 19th February)	
Room Hire Available Please contact us for more information				CAFÉ @ Middle Street Monday - Friday 9.00 - 16.00	
MINDSET PROGRAMME	OTHER			£	Charges May Apply - Please enquire for more details