

Weekly Support Groups

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	<p><u>Walking Group</u> 10am - 11.30pm Lisa</p> <p><u>Social Group</u> 11.30pm-1.30pm Lisa</p>	<p><u>Callendar Woods Working Group</u> 9.30 am-12 pm Alan</p> <p><u>Social Group-G/Mouth</u> 10am-11am Glenda</p>	<p><u>Social Group</u> 12pm-1pm Lisa</p>	<p><u>Local Walks</u> 10am – Alan</p>	<p><u>Walking Group</u> 11am – 12.30am Lisa</p> <p><u>*2nd & Last Friday of Month Meet Up</u> 12pm-3pm Team</p> <p><u>Social Group</u> 12.30pm-2.30pm Lisa</p>
PM	<p><u>Men's Group</u> 13.00 Alan</p>	<p><u>Cycle Group</u> 12.30pm – Alan</p> <p><u>Arts and Crafts</u> 1pm-3pm - Lisa</p> <p><u>Social Group</u> 1pm-3pm Glenda</p>	<p><u>Ladies Group</u> 1pm-3pm (Lisa & Glenda)</p> <p><u>Outings Group</u> 1pm – Alan</p> <p><u>Easy Walking Group</u> 2pm – 2.45pm John</p>	<p><u>Meditation Group / Social</u> 12pm-1pm & 2pm-3pm Glenda</p> <p><u>Upcycling Group</u> 1.30pm- 3.30pm Lisa</p> <p>New members group (Alan) TTBC</p>	<p><u>Facebook – Karaoke</u> 2pm-4pm Alan</p> <p><u>Football Group</u> 3pm-4.30pm John</p>