

Weekly Support Groups

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	<u>Social Group</u> 10.30am-12.30pm	<u>Callendar Woods Working Group</u> 9.30 am-12 pm <u>Social Group-G/Mouth</u> 10am-11am	 <u>Social Group</u> 12pm-1pm	<u>Local Walks</u> 10.30am – 12pm	<u>Walking Group</u> 11am – 12.30am <u>*2nd & Last Friday of Month Meet Up</u> 12pm-3pm <u>Social Group</u> 12.30pm-2.30pm
PM	<u>Men's Group</u> 1pm-3pm <u>Cooking Group</u> 1.30pm-3.30pm <u>Musical Drama</u> 1.30pm-3.30pm	<u>Cycle Group</u> 1pm-3pm <u>Arts and Crafts</u> 1pm-3pm <u>Social Group</u> 1pm-3pm	<u>Ladies Group</u> 1pm-3pm <u>Outings Group</u> 1pm – 3pm <u>Easy Walking Group</u> 2pm – 3pm	<u>Meditation Group / Social</u> 12pm-1pm & 2pm-3pm <u>Upcycling Group (Helix)</u> 1pm- 3pm <u>New members group</u> TTBC	<u>Facebook – Karaoke</u> 2pm-4pm <u>Social Group</u> 2pm-4pm <u>Football Group</u> 3pm-4.30pm