



Reach Newark Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|------------------------------|-------------------------------|--------------------------|-------------------------|
| 10-3 Men's Group | 10-12 Creative Communication | 10-12 Pottery | 10-12 Computers | 10-12 All About Me |
| 10-12 Singing and Music | 10-12 Sports | 10-1 Cook and Eat | 10-12 Crafts | 10-12 Computers |
| 10-12 Let's Get Cooking | 1-3 Dance | 1-3 Independent Living Skills | 1-3 Photography and Film | 10-12 Healthy Cookery |
| 1-3 Expressive Art | 1-3 Sewing | 1-3 Baking and Snack Making | 1-3 Drama | 1-3 Bowling |
| | 1-3 Allotment Group | 1.30-3 Sit & Be Fit | Reflexology* | Women's Goup |
| | | | | 6-8.30 Social Evening** |

** Friday night socials - please ask at the office

*Thursday Reflexology - please ask at the office

Contact: Chantelle Welsher or Vickie Ward

Reach Newark, Barnbygate Methodist Church Hall, Barnbygate, Newark, NG24 1PX

Tel: [01636 671939](tel:01636671939)

E-mail: chantelle.welsher@reachuk.org or vickie.ward@reachuk.org

Registered charity no: 1076318

|