



Reach Newark Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
10-3 Men's Group	10-12 Creative Communication	10-12 Fun & Fitness	10-12 Computers	10-12 Pottery
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 Moving Forward	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	1-3 Sit & Be Fit	Reflexology*	1-3 Women's Goup
				6-8.30 Social Evening**

** Friday night socials - please ask at the office

*Thursday Reflexology - please ask at the office

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