



[Reach Southwell Timetable]

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|--------------------|--------------------------|--------------------|--------------------------|
| 10-3 Women's Group | 10-12 Media Fun | 10-12 Singing | 10-3 Women's Group | 10-12 Food Fun & Fitness |
| | 1-3 Moving Forward | 1-3 Boccia | | 1-3 Art |
| | | 10-1 Cooking 1:1 | | 10.15-1.15 Massage * |
| | | 17.30-19.30 Mens Cookery | | 1.30-4.30 Reflexology * |
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* Massage & Reflexology appointments only, please contact the office on 01636 819066

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