

## POSITIVE STEPS WEEKLY ACTIVITIES



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
10AM – 12PM <b>WOMEN'S FOOTPRINTS WOMEN'S GROUP</b>	10.30AM-2PM (OR TILL FOOD AVAILABLE)  <b>BRUNSWICK BEESTRO TOASTIES &amp; LIGHT REFRESHMENTS 50P TASTY HOT MEAL £1</b>	10.30AM-2PM (OR TILL FOOD AVAILABLE)  <b>BRUNSWICK BEESTRO TOASTIES &amp; LIGHT REFRESHMENTS 50P</b>	10.30AM-2PM (OR TILL FOOD AVAILABLE)  <b>BRUNSWICK BEESTRO TOASTIES &amp; LIGHT REFRESHMENTS 50P</b>
1PM-2PM <b>COLLECT&amp;TAKE-AWAY CHICKPEA CURRY &amp; RICE</b>	10AM-12PM <b>LIFE SKILLS COURSE (check start date)</b>	10AM-12PM <b>BUZZ EXERCISE SESSIONS. REFERRAL THROUGH GP</b>	11AM-12PM <b>MIXED YOGA SESSION £1</b>
6PM – 7PM <b>FAMILY ZUMBA £1 FOR OVER 18'S</b>	10AM-12PM <b>CONVERSATIONAL ENGLISH</b>	10AM-12PM <b>PARENT/CARER TODDLER GROUP</b>	
		9.30AM-10AM <b>MORNING PRAYER ALL WELCOME</b>	
		12.30PM-1.30PM <b>BOOKCLUB (FORTNIGHTLY)</b>	
		6PM-7PM <b>TASTER CIRCUIT TRAINING SESSION (must be 18+) £1</b>	

**For further info contact Mo 0161 273 6608 [mo@brunswickchurch.org.uk](mailto:mo@brunswickchurch.org.uk)**

