






























Spider Project Café 71- Activity Schedule

From: 28th June 2021

To book your place, please ring us on [01244 393139](tel:01244393139)

MONDAY	 Guided Imagery 12.30pm – 1.30pm	 Wellbeing Walk 1.30pm-3.00pm	 Monday Meander (a gentler paced walk) 2.30pm-3.30pm	 Find Your Voice 3.00pm – 4.30pm	 Life Skills Course 6.00pm – 7.30pm (Start date TBC)	
TUESDAY	 Get Creative Course 11.00am-12.30pm	 Wellbeing Walk 1.30pm-3.00pm	Members are limited to booking a maximum of 2 walks per week	 Creative Mindfulness 2.00pm – 3.00pm	 Express Yourself 3.00pm – 4.30pm	
WEDNESDAY	 Yoga 11.00am-12.00Noon	 Guided Imagery 12.30pm – 1.30pm	 Mindfulness Course 2.00pm–3.00pm	 Tai Chi (2 Max) 3.30pm-4.15pm	 Guitar 1-1 Lessons 7.00 & 8.00pm	
THURSDAY	 Mindfulness 11.00am – 12Noon	 Knit & Natter 11.00am – 1.00pm	 Pilates (3 Max) 12.30pm-1.15pm	 Wellbeing Walk 2.00pm – 3.30pm	 Journaling 2.30pm – 3.30pm	 Creative Mindfulness 6.30pm – 8.00pm
FRIDAY	 Gardening 1.30pm – 3.30pm		 Walking Photography 1.30pm-3.00pm		 Quiz Night 8.00pm-9.30pm	
SATURDAY	You can only book activities six days in advance. This will allow all our members equal opportunity to participate.		 Get Creative Course 3.00pm – 4.30pm	 Group Music Session 5.00pm – 6.30pm	 Creative Mindfulness 6.30pm-8.00pm	
SUNDAY			 Wellbeing Walk 1.30pm-3.00pm	 Casual Creative 2.00pm-4.00pm	 Music Memories 6.30pm-7.30pm	

Activity Key:

 Outdoor

 Face to Face

 Online Only

5 Ways to Wellbeing Active: 

Connect: 

Learn: 

Take Notice: 

Give: 