

Monday

9.30 – 10.30 am Mindful colouring Tea and Toast £2

Tuesday

10 - 11am Tai Chi £4

11.15 – 1.15pm Chatty Crafts

1.30pm – 2.30 pm New Parents meet with a Brew and a Buttie £4.25

Wednesday

10.30 - 11.30am Tau Chi £4

Thursday

- 12 1pm Forget me nots for those who have suffered bereavement Brew and Buttie £4.25
- 1.30 3pm Films Slides and Games.

Three-week rotation. Board Game, Slide Show, Movie Afternoon.

Friday

9.30 – 10.30am Games, quizzes and craft. Toasted Teacake and coffee £2.90

T: 01270 749050 - www.havenccs.org

Manager - Rachel: 07935755282 Room Bookings - Glenys: 07592009174

managerhavennorthstreet@gmail.com - bookingshavennorthstreet@gmail.com enquireshavennorthstreet@gmail.com



A: North Street Crewe CW1 4NJ. Opposite the Post Office