

Wellbeing Groups Timetable from Monday 29/10/23

Monday	Aylesbury (Wings)	10.30am – 1.30pm	Games (am), 'Knit & Natter'(pm)
	Chesham	10.30am – 1.30pm	Wellbeing and Craft
Tuesday	High Wycombe	10.00am – 1.00pm	Wellbeing activities- various
	Chalfont St Peter (Lanterns)	10.30am – 1.30pm	Wellbeing activities - Various
Wednesday	Aylesbury (Wings)	10.30am – 1.30pm	Cooking(am), Music(pm)
Thursday	Aylesbury (Wings)	12.00am – 3.00pm	Craft, Art(1-3pm)
Friday	High Wycombe	10.30am – 1.30pm	Wellbeing and Art
	Chesham	10.30am – 1.30pm	Wellbeing activities and Art