

Buckinghamshire Mind Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Women's Wellbeing Group 10.30-13.30	Lanterns 10.00-15.00	Milestones 10.30-13.30	Wings 10.30 Walking group or other activities	Apollo Art Group 10.00-12.30
	Pippin Club for Older Adults 9.15 - 14.15	Park Club for Older Adults 9.15 - 14.15	Park Club for Older Adults 9.15 - 14.15	Park Club for Older Adults 9.15 - 14.15	Social Group 11.00-14.00
	Wings 10.30 Chair Based Exercises plus social activities	Peer Support 11.00-13.00 (Burnham Library)	Peer Support 10.00-12.00 (Marlow)		Social Group 11.00-14.00
PM			Wings 10.00 Bowling & Giant Jenna plus other activities		Wings 10.30 Quiz Morning or other activities
	Wings 13.00 Knit & Knatter		Wings 13.00 Healthy Cooking club	Wings 13.00 Bingo!	Wings 12.00 Friday's BIG Dinner!
	Wings 13.00 Art & craft (back room)		Wings 12.15 Creative Writing	Wings 13.30 Music therapy	Wings 12.30 Art with Tony
Evening	Social Group 12.00-15.00	Music Group 15.00-16.30	OCD Group 18.00-20.00	Arts & Crafts 14.45-17.15	Apollo Art Group 13.00-15.00
Pippin 11 Cherry Orchard Maybush Gardens Prestwood HP16 9EH	Granville St Church Granville St Aylesbury HP20 2JR	Sun House 32 Church Street Chesham Bucks HP5 1HU	Gold Hill Baptist Church Chalfont St. Peter Bucks SL9 9DG	260 Desborough Road High Wycombe Bucks HP11 2QR	Burnham Library & Marlow Children's Centre