

WEEKLY

schedule 2023



Monday

The Orchard

10am-11am: Yoga (booking essential)

11:15am-12:45pm: Newcomers Drop-In

12noon-1pm: Mindfulness on Zoom



Tuesday

PPxtra - Secondaries group - monthly/6wkly

Bookclub on Zoom - monthly/6wkly

Wednesday

10am-12:30pm: Ladies Wellbeing Session
(Howard Park Bowls Club)



Friday

Alton

10am-12noon: Alton Wellbeing Session
1st and 3rd Friday of each month
(The Maltings, Alton: men & ladies welcome)

Complementary Therapy

Bookable sessions during
the week at The Orchard

Counselling

In person during Weds
Wellbeing session or
by appt on phone.