



5 ways to wellbeing

Belmont Connect Activities Timetable

Nov/Dec 2021



PLACES ARE LIMITED - BOOKING IS REQUIRED

Book online at smhf.org.uk/events or call 020 8770 0172

	MON	TUES	WEDS	THURS	FRI
MORNING		10:00-11:00 YOGA/PILATES Irina 10:30-12:30 IT HUB		10:00-11:00 LINE DANCING Janice 11:15-12:15 COFFEE/SMOOTHIE MORNING	11:00-12:00 MUSIC GROUP Geoff (Volunteer)
AFTERNOON/ EVENING	7:00-8:00 MINDFULNESS (On Zoom) Dennis (Volunteer)	11:30-1:30 DROP-IN / LUNCH 1:00-2:00 MINDFULNESS Dennis (Volunteer)		12:30-2:30 SCRABBLE CLUB & ART AFTERNOON 3:00-4:30 SUTTON OCD SUPPORT GROUP 30 th Nov & 23 rd Dec Ovie 3:30-4:30 SUTTON HEARING VOICES GROUP In Sutton	12:30-2:30 DROP-IN No lunch provided at present 12:30-2:30 IT HUB

ADDITIONAL SPECIAL EVENTS:

- **Tues 7th Dec 1pm-3pm** New Members Afternoon
- **Tues 7th Dec 2pm-3:30pm** Signpost Sutton (Christmas)