



Opening hours:  
9.30-4.30 Mon - Fri

100-102 Westwick Street,  
Norwich, NR2 4SZ  
01603 699150

Nov-17

|       | Monday                          | Tuesday                        | Wednesday                 | Thursday   | Friday  |
|-------|---------------------------------|--------------------------------|---------------------------|--|---|
| 09:30 |                                 |                                |                           |  |   |
| 10:00 |                                 |                                |                           |  |   |
| 10:30 |                                 | IT Group 10.30am-12.30pm       | Tai Chi 10.00am-11.00am   |  |   |
| 11:00 |                                 |                                | Mindfulness 11.15-12.30pm | Make-Up Your Mind 21st Sept 11.00-12.30 10 Week Course | Healing Sessions 1:1 10.15 - 12.15pm Book in advance 2nd and 4th Friday |
| 11:30 |                                 |                                |                           | Newsletter Contributions 11am-12pm                     | Gardening Club starts 3rd November 11am to 1pm                          |
| 12:00 |                                 |                                |                           |  | Joy Of Food 11am - 2pm starts 17th November (5 week course)             |
| 12:30 | Creative Writing 12.30pm-2:00pm |                                |                           |  | Yoga loose clothing 12.30pm-1:30pm                                      |
| 13:00 | Coffee Hour 1pm-2pm             | Member Mix 1pm-2pm             |                           |  |   |
| 13:30 |                                 | Boxercise 12.30 Loose Clothing |                           |  |   |
| 14:00 |                                 |                                |                           |  |   |
| 14:30 |                                 |                                |                           |  |   |
| 15:00 |                                 |                                |                           |  |   |
| 15:30 |                                 |                                |                           |  |   |
| 16:00 |                                 |                                |                           |  |   |
| 16:30 |                                 |                                |                           |  |   |

Drop in sessions include NRP (Norfolk Recovery Partnership), Art, Music, Creative writing and any exercise session. There is no need to make an appointment for these sessions.



Under 1 Roof  
Training and Development Centre  
100-102 Westwick St  
Norwich  
NR2 4SZ



Tel: 01603 699150