



16th to 22nd of May 2016

Programme schedule – Maud Resource Centre

Monday	16th May	
Singing group	11.30am-12.30pm	Singing for beginners
Floral Art	1.30pm-3.30pm	Give Floral art a try and get creative
Wednesday	18th May	
Mindfulness Introduction	9.15am-11.15am	Paying more attention to the present can improve your mental wellbeing. Booking required.
Health and Loneliness workshop	2pm-4pm	Why loneliness is a health risk and how it can be addressed. Booking required.
Thursday	19th May	
POP-Up Cafe	9.30am-11.30am	Maud School – Tea and talk for all , join the Conversation.
Social Craft Evening	7.30pm-9.30pm	Old Mart Cafe, Market St. Maud – All welcome please bring your own craft. £3 for hot drink and shortbread 01771 619196
Friday	20th May	
Quiz night	8pm- late	Maud Social Club, Market St. Maud Put your thinking hats on and bring your team along! Refreshments served and prizes to be won!

For any more information or to book places please contact reception on 01771613962.