



MARCH AT THE NOOK



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 Wise Women- Women's confidence group (11-1)	3 Moving towards wellbeing: travel smarter, feel better (2.30-3.30)	4 Open Minds art group (1.30-3) Parents/carers café (5.30-6.30)	 5 Walk and talk (12-1) Common Wheel- Learn French: taster session (1.30-3)	6 Jonathan Kemp- Finding Peace of Mind talk (5.30-7)	7 	8
9 International Women's Day Coffee Morning- (10.30-12) Home Energy Scotland- info stall (11-2)	10 	11 Open Minds art group (1.30-3) Unpaid carers café (5.30-6.30)	12 Age Scotland- info stall (11-2) Walk and talk (12-1) Common Wheel- Tai Chi (1.30-2.30)	13	14	15
16 Menopause Café (2-3.30)	17 Lifelink- Improving resilience workshop (1-2)	18 Neurodiversity café (5.30-6.30)	19 Walk and talk (12-1) Common Wheel- Tai Chi (1.30-2.30)	20 	21	22
23	24 B51 Boutique- Bracelet charm workshop (5-7)	25 Dementia Heroes café (10.30-12)	26 Richmond's Hope grief café (10-11.30) Walk and talk (12-1) Common Wheel- Tai Chi (1.30-2.30)	27	28	29
30 	31					30



Sign up for FREE on Eventbrite