

# *What's on for Grown ups*



at Wesley Church Centre  
St John Street, Chester CH1 1DA

## Bread Making

Make, bake and take  
home your own  
delicious bread

**£3-£5**  
suggested  
donation  
(all ages &  
abilities)

**Wednesday & Fridays**  
**10.00 am - 12.45 pm**

No experience required  
Quiet time 12pm, lunch 1pm  
(both optional)



# the HIVE



*a place to come together*

**Dementia  
inclusive**

**Thursdays  
1.30-3.30pm**

**All welcome,  
just drop in...**



**Cafe open  
9.30am-3.30pm**

 **Quizzes**

 **Table top games**

 **Music and songs**

 **Knitting / crochet**

 **Craft**

 **Jigsaws**

**Carers  
welcome**



The group is free to attend  
Food and drink can be  
purchased from the cafe

**The Wesley  
Church Centre**



**St. John Street  
Chester, CH1 1DA  
01244 323037**

See over for help on how  
to get to Wesley. Ask us  
about free transport.



# watercolour group

Meet every Monday 1.00 - 3.00 pm (excluding holidays) in the main church, led by Ken and Jan (local artists). All materials are provided including paper, paints and brushes etc. £3 suggested for each session



# Fellowship

GROUPS

**Monday Fellowship** meets monthly on the first Monday of the month at 2.30 pm

**Tuesday Afternoon Fellowship** meets weekly between September and June, Just come along - 2.00 pm



# RELAXATION CLASSES

Led by Ann Douglas

**Weekly drop in sessions  
Wednesdays 3-4pm**

Classes are seated, suitable for people with limited mobility.  
Fee: these classes will run as 'open bowl' sessions. There is no specific charge but any donations will be gratefully accepted.

**Mindfulness-based  
stress reduction**

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**Guided breathing  
techniques and  
visualisations**

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**A space to let go  
and unwind**

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**Creating a sense  
of serenity and  
peace**

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**Drop in sessions -  
come along  
whenever you can**

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[www.wesleychester.co.uk](http://www.wesleychester.co.uk)