



# Washington Mind

## Spring 2022 Schedule

### Monday

Session	Venue	Time
Stay and Play £3.50 per child	Washington Mind	09:30-11:30
Monthly Book Club	Washington Mind	Time TBC

### Tuesday

Gardening Group	Washington Mind	10:00-11:00
Walking Group	Washington Mind	12:00-13:00
Craft Connection	Washington Mind	13:00-14:30
Man Space	Washington Mind	13:00-14:30

### Wednesday

Creative Minds	Washington Mind	10:30-12:00
Fortnightly Film Club	Washington Mind	13:00-15:30
Anxiety Management	Washington Mind	14:00-15:30
Rainbow Renegades	Washington Mind	16:30-18:30

### Thursday

Craft Group	Washington Mind	10:30-12:00
Lunch Club £3.50 for two-course lunch	Washington Mind	12:00-13:30
Creative Minds	The Hetton Centre	13:00-14:30

### Friday

Weight Off Your Mind	Washington Mind	09:30-10:30
Brunch Club	Washington Mind	10:00-12:00
Knit and Natter	Washington Mind	10:00-12:00

**Sessions take place at: Washington Mind, The Life House, Grasmere Terrace, Columbia, Washington, NE387LP or:  
The Hetton Centre, Welfare Road, Hetton-le-Hole, DH59NE.**

**Want to know more about a session, or are you interested in joining us?  
Give us a call on: 01914178043**



## Spring 2022 Schedule

Activities in The Life House schedule are delivered by external partners. If you are interested in any of the sessions, please contact the facilitator directly.

<b>Monday</b>	<b>Time</b>	<b>Contact</b>
<b>Session</b> Bloom Baby Starting March 2022 with classes available for 0m-15m, please contact us for more info	9:00-11:00	07714 005069
Washington History Society First Monday of every month Collection and preservation of local history.	13:30-15:30	07837629556
Amazonian Fitness £4 per session or pay £5 to stay for both sessions.	17:45-18:15 - HIIT 18:15-19:00 - Clubbercise	07745186219 or: velittler@aol.com

<b>Tuesday</b>	<b>Time</b>	<b>Contact</b>
<b>Session</b> Hartbeeps Sessions booked in term-time blocks of £39 for 6 weekly sessions.	9:30-10:10 - Happy House	07794363780 or: frances@hartbeeps.com
Happy House - walking toddlers to preschool Baby Beeps - confidently sitting babies to wobbly walkers Baby Bells - newborn to wobbly sitting babies	10:30-11:10 - Baby Beeps 11:30-12:10 - Baby Bells	
Washington Station W1 Women's educational opportunities, activities, campaigns and the chance to gain new skills. Every 3rd Tuesday of the month.	19:00-21:00	Elaine.wright22@yahoo.com

<b>Wednesday</b>	<b>Time</b>	<b>Contact</b>
<b>Session</b> Iyengar Yoga Suitable for all levels of ability. £5 per session.	18:30-19:30	yoginortheast@gmail.com

<b>Thursday</b>	<b>Time</b>	<b>Contact</b>
<b>Session</b> Slimming World	18:00-19:00, 19:30-20:30	07960750886

<b>Friday</b>	<b>Time</b>	<b>Contact</b>
<b>Session</b> Slimming World	08:00-09:00, 09:30-10:30. 11:00-12:00	07960750886

<b>Saturday</b>	<b>Time</b>	<b>Contact</b>
<b>Session</b> Slimming World	08:30-09:30, 10:00-11:00	07960750886