

Meeting Places

Summer 2026



Forthcoming Group Itinerary

Every Tuesday 11am - 1pm

(Please arrive no earlier than 10 minutes before the meeting start times)

12th May	Chair Exercises
19th May	Scattergories Fun Quiz
26th May	Show & Tell
2nd June	Guest speaker - ADHD workshop
9th June	Visit to Van Hagues Garden Centre
16th June	Meditation & Breathwork
23rd June	Music Appreciation led by Amber/Daniel
30th June	Nature walk led by Sarah Wright

WARE WELLBEING CENTRE

**14 New Road,
Ware, Herts, SG12 7BS**

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