

Community Room Foxton Gardens, Frampton Road, NG8 3FR



## Social Dining In Beechdale £3



## Every Monday, Wednesday and Friday served at 12:30pm

also every Wednesday morning (no charge)

join us for coffee and a chat from 10am

join in our chair exercise session at 11:15am

Please book in advance with the venue Activity Coordinator or direct





sycamore-dining.org.uk

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