

# Wellbeing Café

## May 2024



**SELBY** Cunliffe Centre, Petre Ave, Selby, 10am-12noon (weekly)  
**EGGBOROUGH** Methodist Church Wednesday 10am – 12pm (weekly)  
**SHERBURN** Harold Mills House, Thursday 1pm – 3pm (Weekly)  
**TADCASTER** Calcaria House, Windmill Rise Tuesday 10 – 12noon (Weekly)



Hot Women – Menopause run by Jackie Butterworth @ Community House Selby –10am to 12pm



Energy Doctor –Kate Urwin @ All Café venues from the 7<sup>th</sup> to the 23<sup>rd</sup> of May

**Bring along your energy and/or water bills if you have any specific questions or problems?**

| Sunday | Monday | Tuesday   | Wednesday  | Thursday   | Friday | Saturday  |
|--------|--------|---|--|--|--------|---|
|        |        |   | 1<br><u>Eggborough</u><br>Coffee, Talk & Mindful Activities                      | 2<br><b>Cancelled</b>  | 3      | 4   |
| 5      | 6      | 7<br><u>Tadcaster</u><br><u>Energy Dr</u><br>Coffee, Talk, Mindful Activities | 8<br><u>Eggborough</u><br>Coffee, Talk & Mindful Activities                      | 9<br><u>Selby</u><br><u>Sherburn</u><br>Coffee, Talk & Mindful Activities                      | 10     | 11  |
| 12     | 13     | 14<br><u>Tadcaster</u><br>Coffee, Talk, Mindful Activities                    | 15<br><u>Eggborough</u><br><u>Energy Dr</u><br>Coffee, Talk & Mindful Activities | 16<br><u>Selby</u><br><u>Energy Dr</u><br><u>Sherburn</u><br>Coffee, Talk & Mindful Activities | 17     | 18  |
| 19     | 20     | 21<br><u>Tadcaster</u><br>Coffee, Talk, Mindful Activities                    | 22<br><u>Eggborough</u><br>Coffee, Talk & Mindful Activities                     | 23<br><u>Selby</u><br><u>Sherburn</u><br><u>Energy Dr</u><br>Coffee, Talk & Mindful Activities | 24     | 25<br><br>10am to 12pm @ Community House |
| 26     | 27     | 28<br><u>Tadcaster</u><br>Coffee, Talk, Mindful Activities                    | 29<br><u>Eggborough</u><br>Coffee, Talk & Mindful Activities                     | 30<br><u>Selby</u><br><u>Sherburn</u><br>Coffee, Talk & Mindful Activities                     | 31     |   |

**Please note that Both Cafes will be closed on the 2<sup>nd</sup> of May**