



Make new friends and enjoy lively discussion with
 NATIONAL WOMEN'S REGISTER
 Reg. Charity No. 295198

Meetings (unless otherwise stated) – take place on
 Tuesday mornings from 10:15 am to 11:30am
 at the Salvation Army Church, Blyburgate
 Beccles NR34 9TQ
 Tea and coffee from 10:00
 All women are very welcome.

5th November	Top Hat discussion
12th November	The Diversity Game, led by Rose
19th November	Talk and discussion with Jo-Ann Dawson, Admiral Nurse with Norfolk and Waveney Specialist Dementia Support Service
26th November	Chair Yoga, led by Robyn from Asana Sessions
3rd December	Your recommendations for fireside reading
10th December	Christmas Craft session Please bring scissors!
17th December 12:00 for 12:00	Christmas Lunch The Royal Norfolk & Suffolk Yacht Club, Lowestoft Harbour