

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 St Davids Day Moo Music 9.20am Personal 6.30pm	2 Tai Chi 9.30am Pilates 10.45am Autum Talk Therapies 12.30pm Primal Sounds 2.00pm	3 Learn Wiz 10.00am Private Event 10.00am
4 British Pie Week Foot Clinic 2.00pm Games Night 6.00pm Pilates 6.30pm	5 British Pie Week Slimming World 6.00pm Reminiscence 6.00pm	6 British Pie Week Seated Exercise 11.00am U3A Film Group 1.00pm Conexus Tuition 5.00pm Quiz Night 6.00pm	7 British Pie Week Xpress Yorsef Dance 12.30pm Chair Yoga 2.00pm Exercise with Ms 3.00pm Conexus Tuition 4.00pm Zumba 6.00pm	8 British Pie Week Moo Music 9.20am Knit & Natter 2.00pm Art Worshop 6.30pm	9 Tai Chi 9.30am Pilates 10.45am Autum Talk Therapies 12.30pm	10 Learn Wiz 10.00am Mothers Dar Carvery 12.30 till 3.30
11 Ophysio Bingo 1.00pm U3A Photography 2.00pm Games Night 6.00pm Pilates 6.30pm	12 U3A Committe Meeting 2.00pm Slimming World 6.00pm Reminiscence 6.00pm	13 Seated Exercise 11.00am Conexus Tuition 5.00pm Quiz Night 6.00pm	14 Xpress Yorsef Dance 12.30pm Chair Yoga 2.00pm Exercise with Ms 3.00pm Conexus Tuition 4.00pm Zumba 6.00pm	15 Moo Music 9.20am St Patricks Day Lunch	16 Tai Chi 9.30am Pilates 10.45am Autum Talk Therapies 12.30pm Primal Sounds 1.00pm	17 Learn Wiz 10.00am
18 Pure Hear 9.00am Film Club 2.00pm Foot Clinic – 2.00pm Games Night 6.00pm Pilates 6.30pm	19 Slimming World 6.00pm Reminiscence 6.00pm	20 U3A Writers Group 10.00am Seated Exercise 11.00am Conexus Tuition 5.00pm Quiz Night 6.00pm	21 Xpress Yorsef Dance 12.30pm Chair Yoga 2.00pm Exercise with Ms 3.00pm Conexus Tuition 4.00pm Zumba 6.00pm	22 Moo Music 9.20am Knitt & Natter 2.00pm	23 Tai Chi 9.30am Pilates 10.45am Autum Talk Therapies 12.30pm	24 Learn Wiz 10.00am
25 OPhysio Games Night 6.00pm Pilates 6.30pm	26 U3a Commttie Meeting 2.00pm Slimming World 6.00pm Reminiscence 6.00pm	27 Seated Exercise 11.00am Quiz Night 6.00pm	28 Xpress Yorsef Dance 12.30pm Chair Yoga 2.00pm Zumba 6.00pm	29 Good Friday Moo Music 9.20am	30 Tai Chi 9.30am Pilates 10.45am Autum Talk Therapies 12.30pm Primal Sounds 2.00pm	31 Easter Sunday Learn Wiz 10.00am

Bistro

Open Daily serving freshly prepared meals
From
Mon – Fri - 8.00am till 5.00pm
Sat - Sun – 8.00am – 4.00pm
(limited Food Availability)

St Davids Day – Welsh Tea Cakes available



4th till 8th March

Mother's Day Cavery Sunday 10th March
12.30pm till 3.30pm Booking Essential

St Patricks Day Lunch – Friday 16th March - 12.30
Booking Essential

Opal bar

Mon- Closed
Tue- Wed – 6.00pm till 9.00pm
Thu – Fri- Sat- 6.00pm till 11.00pm
Sun – Closed

The Bar will be open on Sunday 10th March for
Mothering Sunday.

To book any of the classes please contact:

- Arden Wellness – 07854467529 (Tai Chi, Yoga, Pilates, Chair Yoga)
- Xpress Yourself (Thur) – 07984423534
- Seated Exercise (Wed) - 07570333439
- Slimming World – 07940737023
- Foot Clinic – 0121 369 2779
- Zumba – 07572446662
- Exercise with MS - 07707931439
- Conexus Tuition – 07719 5533325
- Art Class for Beginners – 07534189806
- U3A Groups - <https://u3asites.org.uk/>
- Mandy's Counselling – 07535325233 0790
- Moo Music -07908785543
- Pure Hear (Ear Wax Removal) 07480973066
- Ophysio - info@ophysio.co.uk
- Art Workshop (Fri Evening) 07519287564

EVENTS

THE SHIRES
Half Term Offer.
Kids Eat for just **£2.50**, when a adult eats too!
Offer includes a main meal and drink.
The Shires, 216 Wake Green Road, Moselev, B13 9PQ

THE SHIRES
Mother's Day Carvery
SUNDAY **10** March
12:30pm TILL 3:30pm
Is your Mum the most special lady in your life? Why not treat her to a The Shires Mother's Day Carvery this Mother's Day
Adult's £25.00 / Children £12.50
Mom,s recive a Glass of Prosecco
FOR RESERVATIONS CALL:
0121 449 4870
The Shires, 216 Wake Green Road, Moseley, B13 9PQ

THE SHIRES
invites you to celebrate
St. Patrick's Day
FRIDAY 16th MARCH @ 12:30pm
Lets Eat, Drink & Be Lucky
Menu
Vegetable Soup
Irish Stew with Soda Bread
Baileys Cheesecake
£20 To Book :
0121 449 4870

THE SHIRES
216 Wake Green Road, Moseley, B13 9PQ
MOVIE CLUB
Monday **18th** March
£1.00 Entry
MOVIE STARTS AT: 2.00PM
FEATURED MOVIE:
TITANIC