



# For All Healthy Living Centre

## What's On Guide...

### Opening Times (Monday-Friday)

Healthy Living Centre	(09.00-17.00)
Locality Health Centre	(08.00-18.30)
Library +Council Connect	(09.00-17.00)
Café	Mon,Tues,Thurs (09.00-15.00) & Weds, Fri (09.00-16.00)

### Monday

09.00-16.00	Shop (Foyer)
10.00-12.00	Health Trainer POD (Foyer)
12.00-14.00	Lunch Club (Over 60's)
13.00-15.00	<b>Allotment Group*</b>
15.30-16.30	<b>Singing Group*</b>
18.00-19.30	Stop Smoking Clinic

Library open until 18.00

Locality Heath Centre opens until 20.00

### Tuesday

10.00-14.00	Fruit & Veg Stall (Foyer)
10.00-12.00	Coffee Morning & Prayer Group
10.30-12.00	<b>Book and Film Club*</b>
11.30-13.30	<b>Swimming Group (Hutton Moor)*</b>
11.30-14.00	Lunch Club (Over 60's)
13.00-14.00	<b>Seated Exercise (Over 60's)*</b>
14.00-16.00	<b>Photography Group (Library)*</b>
17.00-19.00	<b>Hans Price Sport Session*</b>
18.00-19.45	Brownies (term-time only)

**\*Please see the Healthy Activities Guide for more details about these sessions\***

### Wednesday

09.00-16.00	Shop (Foyer)
09.00-11.00	Health Visitor & Midwife Drop-In
10.00-12.00	<b>Badminton (Hutton Moor)*</b>
10.30-11.30	Post Communion Coffee Morning
12.00-13.00	Police Surgery (Foyer)
12.00-15.30	Lunch Club & Bingo (over 60's)
12.30-13.30	<b>Stretch &amp; Flex 60+*</b>
15.00-16.00	<b>Yoga*</b>
15.30-17.00	No Worries Drop-In Clinic
17.00-20.00	Self Defence Classes (See Friday)
19.00-20.30	Table Tennis

### Thursday

09.30-11.30	Cllr Parker surgery
10.00-11.00	<b>Speedy Walks*</b>
11.00-11.30	<b>1<sup>st</sup> Step Slow Walk*</b>
11.00-12.00	<b>Walk 4 Dogs (2<sup>nd</sup> Thursday in month)*</b>
12.00-14.30	Lunch Club (Over 60's)
12.30-14.30	Fruit & Veg Stall (Foyer)
14.00-15.00	Table Tennis
14:00-15:00	Rhyme Times (Library)
14.30-16.30	<b>Crafty chats*</b>
17.30-19.00	<b>Athletic Fitness*</b>

### Friday

09.00-15.30	Shop (Foyer)
11.00-14.00	<b>Walking Group*</b>
12.00-14.30	Lunch Club (Over 60's)
13.00-14.30	<b>PEEP on the Wildside (under 4's)*</b>
16.00-17.00	Street Dance (Church)
16.00-17.00	<b>Running Group*</b>
17.00-20.00	Self Defence Classes
17.00-17.45	Kids Class
18.00-18.45	Older Kids Class
19.00-20.00	Adults Class

### Saturday

09.00-12.00	Library
09.00-11.00	Locality Health Centre (2nd Saturday of each month)
10.00-12.30	St Andrews Table Top Sale (2nd Saturday of each month)

### Sunday

10.30-15.00	<b>Weekend Ramble (2nd Sunday of each month)*</b>
10.00-11.00	Sunday School
18.00-19.00	Evening Worship