



For All Healthy Living Centre

What's On Guide...

(Over 60's)*

Opening Times (Monday-Friday)

Healthy Living Centre	08.30-17.00
Locality Health Centre	08.00-18.30
Library +Council Connect	09.30-17.00
Café	09.00- 2.45

Monday

09.00-14.45	Shop
10.00-12.00	Computer Club
10:30-11:30	Community Choir (start Sep 2018)
13.00-15.00	Allotment Group
18:30-19:30	Diabetes Support Group

Tuesday

09.30-10.15	Clothes Bank
09.00-14.45	Shop
09:00-12:00	Springboard (Term time only)
09:15-09:45	Rhyme Time (Library, term time only)
09.30-12.00	Coffee Morning & Prayer Group
10:00-12:00	Mikes Alternative Walk
12:00-13.30	Lunch Club (Over 60's)*
13:00-15:00	Stay and Play (Term time only)
13:30-14:30	Seated Exercise
18:15-19:30	Yoga By Nature

Wednesday

09.00- 2:45	Shop
9.00-11.00	Health Visitor & Baby weighing drop in
10.30-11.30	Post Communion Coffee Morning
12:00-13:30	Lunch Club (Over 60's)*
12:50-15:10	Dance and Drama for adults with special needs
13:30-14:30	Bingo (Phone on day if volunteer is available)
13.30-14.00	Fair Share*
(Approx)	
17:00-20:00	Self Defence Classes *

Thursday

09.00-14.45	Shop
09.30-11.30	Cllr Parker/ James Clayton surgery (Start Sept 2018)
12.00-14.30	Lunch Club (Over 60's) *
14:00-15:00	Rhyme Times (Library)
17:00-20:30	Martial Arts*
19:30-21:30	Slimming World

Friday

09.00-14.45	Shop
09:00-12:00	Springboard (Term time only)
10:00-12:00	Mikes Alternative Walk (26 th October)
19.30-20.30	Narcotics Anonymous

Saturday

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 apart from August)