



For All Healthy Living Centre

September 2024

Opening Times (Monday-Friday)
Healthy Living Centre 08.30-17.00
Horizon Health Centre 08.00-18.30

Monday

09.00-14.00 Shop
11.30-12.30 Seated Exercise
13.00-15.00 Great Rhyne Allotment Group. Behind Windwhistle school contact George 07561454094
13.30-15.30 Hatters Friendship Group
15.30-16.30 HLC Library Childrens Board Games

Tuesday

9:00-14:00 Shop
09:30-11:00 Bournville Tots for children 0-5
10:00-12:00 Allotment Group Coleridge road
Contact George 07561454094
10:00-12:00 St Andrews Coffee Morning. 1st and 3rd Tuesday of

Wednesday

09.00- 14:00 Shop
13:00-15:00 People First Dance and Drama Group. 1pm Dance £5.50
2pm Drama £5.50
15:00-17:00 St Andrews Repair Café (Last Wednesday of each month excluding Dec)
15:30-16:30 HLC Library Childrens Lego Club

Thursday

9:00-14:00 Shop
9:30-10:30 Tai Chi
10:00-12:00 Gardening at The Chocolate Garden
Contact George 07561454094
14:00-16:00 Crafty Chats
15:30-16:30 HLC Library, Childrens Puzzles and Jigsaws.
18:30-20:30 NA Parents in recovery

Friday

09.00-14.00 Shop
15:15-16:30 Childrens colouring club in HLC Library. Children under 8 must be supervised
18.00-19.30 Narcotics Anonymous

Saturday

10:00-12:30 St Andrews Tabletop Sale
(2nd Saturday of each month) contact Lesley on 01934 249437 to book a table