

**Timetable of Regular Activities
at Bridgend Centre**

Open Monday to Friday 10am – 4.30pm,
Sat 10am - 1pm

Tea, Coffee and Biscuits, Charity Shop, Internet Café, Community Support, Local Information & Souvenirs, Health & Educational Activities (please note there is a small charge of £3 unless otherwise listed), Community Projects

Monday to Friday Charity Shop open from 10.00am to 4.30pm.
Internet Café available all day

Monday

10:30 am—11:30am	Mindfulness	Education Room
1:00pm—3:00pm	Jewellery Making	Education Room (every fortnight)
2:00pm – 3:00pm	Talk and Games (TaG)	Library

Tuesday

10.15am – 12:30pm	Crafts Group	Education Room
1:30pm – 4:00pm	Art Club	Education Room
2:30pm—3:30pm	Reminiscence	Library
11:30am—12:30pm	Reading Group	Library (2 nd Tues of month)

Wednesday

10.15am – 1:00pm	Guided Walk (1 st 2 nd 3 rd & 4 th Wed of month)	Walk of 3 to 8 miles**
2.15pm – 4.15pm	Creative Writing	Education Room (every fortnight)
2.00pm – 4.00pm	Mah Jong	Library

Thursday

11:00am—12:15pm	Yoga (£4)	Education Room
11:00am – 12.30pm	Reading Circle	Library

Friday

10:30am—12:00pm	Community Choir (£4)	Education Room
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If you require any further information please contact a member of staff on 01625 576311 or email info@bridgendcentre.org.uk or visit our website at www.bridgendcentre.org.uk

Bridgend Centre 104 Palmerston Street, Bollington Cheshire, SK10 5PW

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