If you require any further information please contact a member of staff on 01625 576311 or email <a href="mailto:info@bridgendcentre.org.uk">info@bridgendcentre.org.uk</a> or visit our website at <a href="https://www.bridgendcentre.org.uk">www.bridgendcentre.org.uk</a>.

More details on individual activity sessions can be found on our calendar on the website.

## Open from 10.00am to 4.00pm Monday to Friday and 10.00am to 1.00pm on Saturdays



The Bridgend Centre

104 Palmerston Street, Bollington
Cheshire, SK10 5PW

01625 576311

www.bridgendcentre.org.uk info@bridgendcentre.org.uk





BRIDGEND CENTRE

## Timetable of Activities at Bridgend Centre

The Bridgend Centre is open Monday to Friday 10am – 4.00pm and Saturday 10.00am - 1.00pm



## Some sessions require booking your place so please enquire at the Centre regarding these sessions either by telephone (01625 576311) or email on info@bridgendcentre.org.uk.



Monday	10:15am - 11:15am	Walk for health	A programme of short, easy guided walks in and around Bollington & surrounding areas. Different start points on a rotational basis, please check our website or our leaflet for details. Free of charge.
Tuesday	10:30 am - 12:00pm	Crafts	Explore different crafts every week including paper and card, jewellery-making, yarns and fabrics and wood. £4
Wednesday	10:15am - 1:00pm	Walk	Guided walk from the Bridgend Centre of around 4-6 miles in length. Please see separate leaflet or our website for details. £3.
Wednesday	1:30pm - 4:30pm	Shuttle to the shops	Fortnightly bus trip to various local shopping destinations on a rota. Please see our website or ask in
Wednesday	11:30am - 12:45pm	Spanish	Beginners Spanish conversation class. Say 'Hola!' to a new skill. £5.
Wednesday	1:30pm - 3:00pm	Spanish	Intermediate Spanish conversation class. Say 'Hola!' to a new skill. £5.
Wednesday	2:00pm - 4:00pm	Mah Jong	Explore the ancient strategy game of Mah Jong. £3
Thursday	2:00pm - 3:30pm	Talk and games (TAG)	Enjoy a chat and a cuppa with others in a comfortable setting. Quizzes, games, guest speakers and the occasional outing. £3
Thursday	2:00pm - 3:30pm	A brew with the guys	A male focused social group led by David. Activities, chat, trips out and inspiring speakers. £3
Friday	10:30am - 12:00pm	Community choir	Discover the joys of music with our fun community choir. The ability to sing is not a requirement! £4
Friday	2:00pm - 2:45pm	Dance exercise class	Boogie with your buddies in this fun, creative class that you can enjoy seated or standing. £4











October 2023