

If you require any further information please contact a member of staff on 01625 576311 or email [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk) or visit our website at [www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk).

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

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



The Bridgend Centre  
104 Palmerston Street, Bollington  
Cheshire, SK10 5PW  
01625 576311

[www.bridgendcentre.org.uk](http://www.bridgendcentre.org.uk) [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)



BRIDGEND CENTRE  
- BOLLINGTON -

## Timetable of Activities at Bridgend Centre

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



**Some sessions require booking your place so please contact the Centre for more information either in person, by telephone 01625 576311 or email [info@bridgendcentre.org.uk](mailto:info@bridgendcentre.org.uk)**



Monday	10:30am—11:30am	<b>Walk for health</b>	A programme of short, easy guided walks in and around Bollington & surrounding areas. Different start points on a rotational basis, Please see separate leaflet or our website for details. Free of charge
Monday	2:00pm - 3:00pm	<b>Tai Chi</b>	Combine exercise and meditation with this ancient Chinese low-impact practice. All ages and abilities welcome. £4
Tuesday	10:30am - 12:00pm	<b>Crafts</b>	Explore different crafts every week including paper and card, jewellery-making, yarns and fabrics and wood. £4
Tuesday	2:00pm - 4:00pm	<b>Art</b>	Enjoy your love of Art with like-minded people in this peer-led group. £3
Wednesday	10:15am - 1:00pm	<b>Walk</b>	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	<b>Shuttle to the shops</b>	Fortnightly bus trip to various local shopping destinations on a rota. Please see separate leaflet or our website for details. £4
Wednesday	11:30am - 12:45pm	<b>Spanish</b>	Beginners Spanish conversation class. Say 'Hola!' to a new skill. £5
Wednesday	1:30pm - 3:00pm	<b>Spanish</b>	Intermediate Spanish conversation class. Say 'Hola!' to a new skill. £5
Wednesday	2:00pm - 4:00pm	<b>Mah Jong</b>	Explore the ancient strategy game of Mah Jong. £3
Thursday	2:00pm - 3:30pm	<b>Talk and games (TAG)</b>	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	<b>A brew with the guys</b>	A male focused social group led by David. Activities, chat, trips out and inspiring speakers. £3
Friday	10:30am - 12:00pm	<b>Community choir</b>	Discover the joys of music with our fun community choir. The ability to sing is not a requirement! £4
Friday	2:00pm - 2:45pm	<b>Dance exercise class</b>	Boogie with your buddies in this fun, creative class that you can enjoy seated or standing. £4