Walk for Health Short, easy guided walks in and around Bollington & surrounding areas. Different start points. Please see

separate leaflet or our website for details. £2

Beginner's Latin Latin classes for complete beginners. Learn to speak

Latin whilst having lots of fun. With language

teacher Liz Syed. £5

Tai Chi Combine exercise and meditation with this ancient

Chinese low-impact practice. All ages and abilities

welcome. £5

Crafts Explore different crafts every week. £5

Art Enjoy your love of art in this peer-led group. £4

Guided Walk Guided walk from the Bridgend Centre. Please see

separate leaflet or our website for details. £3

Shuttle to the shops Fortnightly bus trip to various local shopping

destinations. Times may vary. Please see separate

leaflet or our website for details. £5

Beginner's Spanish Beginners Spanish conversation class with Wanda.

£5

Intermediate Spanish Intermediate Spanish conversation class. £5

Mah Jong Explore the ancient strategy game of Mah Jong. £4

Beginner's German Learn to speak German with language teacher Liz

Syed in a fun, relaxed group. £5

Talk and games (TAG) Enjoy a chat and a cuppa. Quizzes, games, guest

speakers and the occasional outing. £4

A brew with the guys A male focused social group led by David. Activities,

chats, trips out and inspiring speakers. £4

Community choir Discover the joys of music with our fun community

choir. The ability to sing is not a requirement! £5

This activity is at the Pavilion on the Rec

Dance exercise class Boogie with your buddies in this fun, creative class

that you can enjoy seated or standing. £5





BRIDGEND CENTR

Timetable of Activities at the Bridgend Centre

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

The Bridgend Centre Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Walk for Health 10:30 - 11:30 Beginner's Latin	Crafts 10:30 - 12:00	Guided Walk 10:15 - 1:00 Beginner's Spanish	Beginner's German 10:30 - 12:00	Community Choir (At the Pavilion on the Rec) 10:30 - 12:00
Afternoon	10:30 - 12:00 Tai Chi 2:00 - 3:00	Art 2:00 - 4:00	11:30 - 12:45 Intermediate Spanish	Talk and Games (TAG) 2:00 - 3:30 Brew with the Guys 2:00 - 3:30	Dance exercise class 2:00 - 2:45

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
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We are a Registered Charitable Incorporated Organisation (Number: 1123287)