

Monday	10:15 - 11:15 Walks for health Short guided walk at a gentle pace. See leaflet or website for details of start point. 	10:30 - 12:00 Creative Arts Weekly creative art session focussing on skills to create art in a relaxed and friendly environment.	14:00 - 15:00 Tai Chi Combines slow, graceful movement with deep breathing and focused mental concentration.	14:00 - 15:00 Health and Wellbeing workshop Last Monday of the month. A different health theme every month.
Tuesday	10:30 - 12:00 Craft Explore a different type of craft each week whilst making new friends in this social session. Suitable for all levels of crafter.	12:30 - 13:30 Stand Strong (from Sept) Improve confidence by developing balance, co-ordination and core strength with this guided movement class.	19:30 - 21:00 Bridgend Book club First Tuesday of the month. Lively literary chat about the book of the month, provided for you by the library service.	
Wednesday	10:15 - 13:00 Guided walks Between 3 and 6 miles and varying in difficulty. See leaflet or website for details. 10:30 - 12.30 Beginner's woodcraft 4 week course. Experienced craftsman teaching basic skills with manual tools. Small class size, so must be pre-booked.	11:30 - 12:45 Beginner's Spanish 13:30-15:00 Intermediate Spanish  Please enquire about availability and experience level as some limitations apply.	10:05 (full day trips) 12:30 (half day trips) Shuttle to the Shops A great trip out with friends to a variety of locations on the Bridgend Community Bus. See leaflet or website for detail. Spaces are limited and booking is essential!	14:00 - 16:00 Mah Jong Strategy and luck combine in this tile based game. Group consists of experienced players but they will teach new players on request.
Thursday	11:00 - 12:30 Crochet Whether you are an experienced crocheter or want to learn a new skill, join this informal group for some crochet and a cuppa. Materials can be provided if needed.	14:00 - 15:30 Talk and Games A social group with lively chat, games, speakers and trips out.	14:00 - 15:30 Brew with the Guys Social group for people who identify as male. Share a chat and a cuppa.	18:30 - 20:00 Health and wellbeing workshop Last Thursday of the month. A different health theme every month.
Friday	10:30 - 12:00 Community Choir Enjoy this lively social group, and experience the mental and physical health benefits of group singing. Maximum 20 participants on a first come first served basis.	14:00 - 14:45 Chair Dance with Lewis A feel-good session to round off your week! Our experienced dance teacher leads the class through a session of seated movement to music. Suitable for all ability levels.		
Saturday	10:00 - 12:00 Upcoming courses Check with a member of staff for the next round of upcoming courses and ensure to book to secure your place!	11:00 - 14:00 Social Saturday First Saturday of every month. Make new friends in our community café. Chat and a cuppa with new friends and old.	Opening Hours Monday - Friday 10:00 - 16:00 Saturday 10:00 - 15:00 Contact us 01625 576311 info@bridgendcentre.org.uk www.bridgendcentre.org.uk	