

Monday



Circuit Training for All: 9.30am - 10.30am

Affordable and friendly circuit class for everyone! (16+) Suitable for all abilities and beginners more than welcome. Just turn up. Voluntary donation. Contact Mark for more info on 07707144742



Torus Job Club 9.30am - 3.00pm

Help with jobs, training and much more. Appointment only (other than 12pm - 1pm where you can drop in) by emailing employment@torusfoundation.org.uk



Youth Federation: 9.30am - 3.00pm

Help for young people (Under 19s) to find training, support and work. Appointment only or for more information contact Diane on 07964998488

Bloom Baby: 10.00am & 11.15am

Musical and Sensory play for babies 6 weeks - 14 months. Booking essential and more info by visiting www.bloombabyclasses.com/warrington

Men's Circuits & Social: 11.00am - 12.30pm

45 minute beginner friendly circuit session followed by optional brew and a chat. Just turn up. Voluntary donation.

Family Tree and Local History Group: 11.00am - 1.00pm

Free, friendly and informal Family Tree help from our Volunteer James - Just turn up. Call the Centre for more info 01925 224731

Welcome Support Group: 11.00am - 1.00pm

2nd Monday of every month. A free get-together offering support and advice for those caring for somebody with Dementia. Just turn up.

Tai Chi for Beginners: 1.00pm - 2.00pm

Chinese martial art, combining slow movements, deep breathing and meditation. Contact Catherine to book on catherine@rollmodelcic.co.uk

Bridge Group: 1.30pm - 3.30pm

Term time (Call the Centre for more info on 01925224731)

AK Dance Studio: 4.30pm - 6.00pm

Modern, tap and ballet. To book or for more information please contact Annie on Akstudiosdance@gmail.com or call 07456335055

Legends Children's Dance Class: Between 4.30pm - 7.30pm

Street Dance and Hip Hop for ages 3-12 To book call Rachel on 07590988114 or email legendsdance@live.co.uk

Tuesdays



Bloom Toddler: 10.00am & 11.00am

Musical and Sensory play for babies. Booking essential by visiting www.bloomtoddlerclasses.com/st-helens

Walking age to 2 years: 10.00am - 10.45am

Age 2 - 4: 11.00am - 11.45am



St Helens Wellbeing Health Checks: 9.30am - 12.30pm

1-2-1 health checks. Appointment only by calling St Helens Wellbeing on 01744 371111 or chcp.sthelens@nhs.net



Citizens Advice Bureau: 9.45am - 12.00pm

General advice and support including benefits and debt.

No appointment needed, just drop in

Yoga 9.45am - 10.45am

No need to book – just turn up or contact Karen for more info on yogini01942@gmail.com

Family Fun Time 11.15am - 1.00pm

Stay & Play for Under 5s

(Term-Time Only) Just turn up or call the centre on for more info 01925 224731

Crafts & Laughs: 1.30pm - 3.30pm

Social craft group 'Batty Crafters' getting together to craft, chat and raise money for Newton Community Centre. Call us on 01925 224731 if you are thinking of coming along.

Legends Cheer Academy: 4.30pm & 5.15pm

Cheer/Pom Dance Classes for under 12s. Term time only. For more information or to book a place, email legendsdancing@live.co.uk

4.30pm - 5.15pm: 5-8 years olds

5.15pm - 6.00pm: 9-12 year olds

Parkinson's Social Meeting: 6.00pm - 7.00pm

For anyone suffering with Parkinson's or their families/carers. Free to attend. Just turn up. Café Open. Call Phil for more info 07534127727

Mind, Body and Soul : 6.30pm - 7.30pm

Holistic Fitness Class

To book or for more information please email Helen on mindbodyandsoul74@hotmail.com

Wednesdays

Hartbeeps: 10.00am, 11.15am & 12.30pm

Multi-sensory musical classes for babies and toddlers 0-5 years.

To book please visit

<https://hartbeeps-mersey.class4kids.co.uk/> or call Danielle on

07554809528 for more information

10.00am - 10.45am: 18 months - 5 years

11.15am - 12.00pm: 8 - 18 months

12.30pm - 1.15pm: 0 - 10 months approx

Morning Yoga: 9.30am - 10.30am

(Please book by contacting Karen on yogini01942@gmail.com)

Forever Fit: 11.30am - 1.30pm

Social & fun fitness for 60+

£2.00 with a drink. Call the Centre on 01925224731 or just turn up

Knitter Natter: 1.00pm - 3.00pm

Get together with your own project. Come to knit or just to chat!

Free to attend - just turn up (For info call the centre on 01925 224731)

Beginners Bootcamp: 6.15pm - 7.15pm

Open to all ages and abilities. Very beginner friendly! £2.00 per class.

Call the centre for mor information on 01925 224731 or just turn up.

My Monkey Mind: 7.00pm - 8.00pm

Monthly breathwork and meditation classes.

Contact www.mymonkeymind.uk to book and find dates

Thursdays



Change Grow Live (CGL): 9.00am - 12.30pm

Drug and Alcohol support – by referral only. Contact 01744 410752 or email sthelens.info@cgl.org.uk

Nifty Needlecraft: 10.00m - 12.00pm

Work on your project amongst a friendly group!
(Just turn up or for info call Kath on 01925 724081)

Gee Up Class: 10.30am - 11.30am

Gentle, seated exercise class. (Just turn up or contact Geoff for more info on 07496769964)

Men's Group: 10.00am - 12.30pm

Free to attend. Different activities each week (For info call Chris on 07970861062)

Jewellery Making Group (In café): 1.00pm - 3.00pm

Get together with other Jewellery makers, with your own kit, and craft together. (For info call the centre on 01925 224731)

Club 426: 4.00pm - 6.00pm

Club 426 After School Club age 5-11

Term-time only (Call the Centre to register your child on 01925 224731 or email nicola.harrison@newtoncommunitycentre.co.uk)

Boxercise & Group Spar: 6.30pm - 7.30pm

Contact Donna White on dlwboxfit@gmail.com to book

Fridays

Mother and Baby/Toddler Yoga: 9.30am & 10.45am

(To book call Ali on 07958876495 or visit www.justyogawithali.com)

Wellbeing Walking Group: 10.00am - 11.30am (approx.)

Meet outside Newton Community Centre, near bus stop.

Ran by St Helens Wellbeing team. Please contact them directly for more information on 01744 371111. Free to attend

Food Bank: 11.00am - 2.30pm

For anyone in receipt of a Food Bank voucher. Call the Centre for more info on 01925 224731

Boardgames & Banter: 12.00pm - 2.00pm

Cards, Dominoes, Puzzles, Games, Ping Pong - Plus free tea, coffee and biscuits. No need to book - just turn up