



Newton-Le-Willows Family And Community Association
 Park Road South
 Newton-le-Willows
 Merseyside
 WA12 8EX
 Telephone: 01925 224731
 Email: contact@newtoncommunitycentre.co.uk



What's On Programme

Community Garden & Coffee Bar Opening Times:

Mondays - Wednesdays 9.00am – 4.30pm
 Thursdays 9.00am – 3.30pm
 Friday 9.00am – 2.30pm

Mondays

<p>Bloom Baby Sensory Classes Booking essential, click here or email to warrington@bloombabyclasses.co.uk</p>	<p>10.30am – 11.15am Busy Bees (6-14 months) 11.45am – 12.30pm Caterpillars (6 weeks – 6 months)</p>
<p>Family and Local History Mornings Free, friendly and informal ancestry and local history chats from our Volunteer James. Call the Centre for more info 01925 224731</p>	<p>11.00am – 1.00pm</p>
<p>Bridge Group (Call the Centre on 01925 224731 for more info)</p>	<p>1.30pm – 3.30pm</p>
<p>Legends Children's Dance Class - term time only (To book call Rachel on 07590 988114) 3-4yrs 4-5yrs 6-8yrs 9-12yrs</p>	<p>4.30pm – 5.15pm 5.15pm – 6.00pm 6.00pm – 6.45pm 6.45pm – 7.30pm</p>
<p>Regenda Advice Clinic Advice and support for Regenda tenants. First Monday of the month Please call Regenda to book on 03447 360 066</p>	<p>1.00pm – 3.00pm</p>

Tuesdays

<p>Yoga (To book call Karen on (07906 525207))</p>	<p>9.45am - 10.45am</p>
<p>Family Fun Time Stay & Play for under 5s (Term time only) (Call the centre on 01925 224731)</p>	<p>11.15am – 1.00pm</p>
<p>12 Week Women's Group Booking essential (Call the centre to book or for more info on 01925 224731)</p>	<p>1.30pm - 3.30pm</p>
<p>Karate for Juniors and Adults (Call Alan on 07393 501071)</p>	<p>6.00pm – 7.00pm</p>
<p>Parkinson's Social Meeting For anyone suffering with Parkinsons or their families/carers. Free to attend. Café Open. Call Phil for more info 07534 127727</p>	<p>6.00pm – 7.00pm</p>
<p>Beginners Yoga To book visit www.bookwhen.com/hannahonthemat or email hk.roughley@virginmedia.com</p>	<p>6.15pm – 7.15pm: Foundations (Beginners Yoga) 7.30pm – 8.30pm: Flow Yoga</p>

Wednesdays

<p>Yoga (To book call Karen on (07906525207))</p>	<p>9.30am - 10.30am</p>
<p>Heartbeeps Multi-sensory musical classes for babies and toddlers 0-5 years. To book please visit heartbeeps-mersey.class4kids.co.uk or call Danielle on 07554 809528</p>	<p>10.00am – 10.45am (18 months – 5 years) 11.15am – 12.00pm (8 - 18 months) 12.30pm – 1.15pm (0 – 10 months approx.)</p>
<p>Forever Fit - Social & fun fitness for 60+ £2 with a drink (Call the centre on 01925 224731)</p>	<p>11.30am – 1.00pm</p>
<p>Knitter Knatter (In Café) Free (Call the centre on 01925 224731)</p>	<p>1.00pm - 3.00pm</p>
<p>Beginners Bootcamp Open to all ages and abilities. £2.00 per class. Call the centre to book on 01925 224731</p>	<p>6.00pm – 7.00pm</p>
<p>Peri/Menopause Café Welcoming and supportive space for Women. Free to attend – drinks can be bought in the Café. Visit the Facebook group Newton-le-Willows Peri/Menopause Group " or contact Sharon Phelan on 07786 567839</p>	<p>6.00pm – 8.00pm</p>
<p>Voice Bath A relaxing hour of sounds and voicings to promote balance and harmony. Contact chiriharmony@gmail.com for more information and to book</p>	<p>7.00pm – 8.00pm</p>
<p>My Monkey Mind Breathwork and meditation classes fortnightly. £6 per class. Contact www.mymonkeymind.uk to book</p>	<p>7.00pm – 8.00pm</p>

Thursdays

<p>Nifty Needlecraft (For info call Kath on 01925 724081)</p>	<p>10.00am - 12.00am</p>
<p>Gee Up Class Gentle, seated exercise class. (Contact Geoff for more info on 07496769964)</p>	<p>10.30am – 11.30am</p>
<p>Men's Group (For info call Chris on 07970861062)</p>	<p>10.00am - 12.30pm</p>
<p>Social Prescribing Clinic Fortnightly practical, social and emotional support via free, local community groups. Call Michelle on 01744 371111 or chcp.sthelens@nhs.net</p>	<p>10.00am – 1.00pm</p>
<p>Jewellery Making Group (In café) (For info call the centre)</p>	<p>1.00pm – 3.00pm</p>
<p>Indoor Bowling (For info call the centre 01925 224731)</p>	<p>1.00pm – 3.00pm</p>
<p>Club 426 After School Club age 5-13 Term-time only (Call the Centre to register 01925 224731)</p>	<p>4.00pm – 6.00pm</p>
<p>Boxercise & Group Spar Contact Donna White on dlwboxfit@gmail.com to book</p>	<p>6.30pm – 7.30pm</p>

Fridays

<p>Mother and Baby/Toddler Yoga (To book call Ali on 07958876495)</p>	<p>Between 9.45am-11.45am</p>
<p>Food Bank For anyone in receipt of a Food Bank voucher. Call the Centre for more info on 01925 224731</p>	<p>11.00am – 2.30pm</p>
<p>Memory Café First Friday of the month (Call the centre on 01925 224731)</p>	<p>1.00pm – 2.30pm</p>