



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



Community Garden & Coffee Bar Opening Times:

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



Mondays

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

Tuesdays

Yoga (To book call Karen on 07906 525207)	9.45am - 10.45am
Family Fun Time Stay & Play for under 5s (Term time only) (Call the centre on 01925 224731)	11.15am – 1.00pm
12 Week Women's Group Booking essential (Call the centre to book or for more info on 01925 224731)	1.30pm - 3.30pm
Karate for Juniors and Adults (Call Alan on 07393 501071)	6.00pm – 7.00pm
Parkinson's Social Meeting For anyone suffering with Parkinsons or their families/carers. Free to attend. Café Open. Call Phil for more info 07534 127272	6.00pm – 7.00pm
Beginners Yoga To book visit www.baokwhen.com/hannahthemat or email hk.roughley@virginmedia.com	6.15pm – 7.15pm: Foundations (Beginners Yoga) 7.30pm – 8.30pm: Flow Yoga

Wednesdays

Yoga (To book call Karen on 07906525207)	9.30am - 10.30am
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	10.00am – 10.45am (18 months – 5 years) 11.15am – 12.00pm (8 - 18 months). 12.30pm – 1.15pm (0 – 10 months approx.)
Forever Fit - Social & fun fitness for 60+ £2 with a drink (Call the centre on 01925 224731)	11.30am – 1.00pm
Knitter Knatter (In Café) Free (Call the centre on 01925 224731)	1.00pm - 3.00pm
Beginners Bootcamp Open to all ages and abilities. £2.00 per class. Call the centre to book on 01925 224731	6.00pm – 7.00pm
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 Pheon on 07786 567839	6.00pm – 8.00pm
My Monkey Mind Breathwork and meditation classes fortnightly. £6 per class. Contact www.mymonkeymind.uk to book	7.00pm – 8.00pm

Thursdays

Nifty Needlecraft (For info call Kath on 01925 724081)	10.00am - 12.00am
Gee Up Class Gentle, seated exercise class. (Contact Geoff for more info on 07496769964)	10.30am – 11.30am
Men's Group (For info call Chris on 07970861062)	10.00am - 12.30pm
Social Prescribing Clinic Fortnightly practical, social and emotional support via free, local community groups. Call Michelle on 01744 371111 or chcp.sthelens@nhs.net	10.00am – 1.00pm
Jewellery Making Group (In café) (For info call the centre)	1.00pm – 3.00pm
Indoor Bowling (For info call the centre 01925 224731)	1.00pm – 3.00pm
Club 426 After School Club age 5-13 Term-time only (Call the Centre to register 01925 224731)	4.00pm – 6.00pm
Boxercise & Group Spar Contact Donna White on dwbboxfit@gmail.com to book	6.30pm – 7.30pm
TRE – Tension and stress release class Contact Jo for more information and to book: 07724 069063 jo58@live.co.uk	6.30pm – 7.30pm

Fridays

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

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