

FRIDAYS

ESOL 9.30 - 11.30 am

FREE !

(English for Speakers of Other Languages)

Term times only, just turn up.

Tai Chi 11.00 - 12.30 pm

£3.00 per session

Tai Chi is a very low impact health and relaxation art that helps to release and ease tension from tired muscles and joints.

'Wave' Dance Group 5.30 - 7.30 pm

Based on the '5 Rhythm' movements of flowing, staccato, chaos, lyrical, and stillness, an informal dance group exploring the "Wave."

Social Dancing 8.00 - 10.30 pm

£4.00 per session

Ballroom tuition followed by social dancing. You do not have to have a partner to accompany you. Bring your own drinks.

SATURDAYS

NAS Saturday Fun Group 10.30 – 12.30 pm

(Last Saturday of the month)

This group is run by the Hull & East Riding branch of the National Autistic Society and offers play activities for children on the Autistic spectrum.

SUNDAYS

Rhythm Roots 12.00 - 4.30 pm

Once per month (Check the website for dates)

£3 per session

Lindyhop, Charleston and Authentic Jazz

Classes. www.rhythmroots.co.uk

Lonsdale Community Café

Monday – Friday 9am – 1.30pm

Selling drinks, snacks and meals at reasonable prices.

Lonsdale Community Shop

Monday to Saturday 9am – 4pm

Wanted! Your old Clothes, Bric-a-Brac, CD's, DVD's, Electricals, Soft Toys, Shoes & Handbags.

Learn2Earn Project

If you are seeking employment our Lottery funded **Learn2Earn** project offers free access to computers and the internet, personalised one to one support, volunteering opportunities and a wide range of free training courses.

Please call us on **564691** to book an appointment with our project worker.

We also run a programme of short training courses and talks please call us for up to date details.

Newington Neighbourhood Plan

The Newington Neighbourhood Plan is a plan for the Anlaby Road area of the Newington ward which will enable the local community to have more say in the development of their neighbourhood.

If you would like to get involved and have ideas of your own for the area then please contact us for full details.

the
Tudortrust



Lonsdale Community Centre

Activities

Spring 2017



LOTTERY FUNDED



**Lonsdale
Community
Centre**

8 Lonsdale Street

Hull, HU3 6PA

Phone (01482) 564691

Fax (01482) 504691

E-mail: office@lonsdalecc.org.uk

Web: www.lonsdalecc.org.uk

MONDAYS

Card Making Group 10.00 am – 12.00

£1.00 per session

This is an informal group that meet every week to socialise and share card making skills.

Latin Line Dancing 11.00 am – 12.00

£3.00 per session

This group is open to all ability levels and is lower impact than the more strenuous line dancing.

Movement to Music 12.30 – 1.30 pm

£2.50 per session

This is a low impact exercise group especially suitable for older people. The majority of exercises are done seated on chairs.

Drama Group 7.00 – 9.00 pm

£2.00 per session

The Chameleon Players are a long established amateur dramatic group that rehearse and put on performances regularly in the city centre.

Line Dancing 7.30 – 9.30 pm

£4.00 per session

A very popular line dancing group suitable for all abilities with no need to have a dance partner to accompany you!

Fertility Group Hull 6.00—7.30 pm

A support group for anyone experiencing fertility issues. Just turn up!

First Monday of the month (*second Monday if the first is a bank holiday*)

Free!

TUESDAYS

Knit 'n Natter 10.00am — 12 noon

Can you knit, crochet, or cross stitch? Or would you like to learn how? If so why not join us?

Free!

Children's Dance Class 5.30 — 6.30pm

£2.00 per session

Ballroom & Latin dance classes for children from 3 years upwards.

WEDNESDAYS

Art Group 9.00 — 2.00 pm

£2.00 per session

A long established group led by a volunteer who paint in both oil and watercolours.

New members welcome , just come along!

Craft Fair 9.00 — 2.00 pm

A selection of art and crafts products for sale by local 'crafters'.

Free Internet Access for Jobseekers

10.00 — 3.00 pm

With help and support from volunteers with job CV's and job applications.

Stepping Back in Time 1.00pm – 3.00pm

This is a weekly dance class in Ballroom & Latin.

No experience is necessary and it's a great way to meet new people and learn new dances.

£3

NAS Youth Club 6.30 pm - 8.30 pm

This group is run by the Hull & East Riding branch of the National Autistic Society and offers recreational activities including model making for children and young people on the Autistic spectrum.

THURSDAYS

NAS Playgroup 9.30 – 11.30 am

This group is run by the Hull & East Riding branch of the National Autistic Society and offers play activities for children on the Autistic spectrum.

Free Internet Access for Jobseekers

10.00 — 3.00 pm

With help and support from volunteers with job CV's and job applications and access to CSCS card mock exams and online training.

Slimming World 7.00 pm - 9.00 pm

The UK's favourite way to lose weight.

Join a warm and friendly Slimming World group near you today.

Drama Group 7.30 - 9.30 pm

£2.00 per session

NEW! Community Counselling Drop-Ins

These are one-to-one drop in sessions offering mutual support and motivation to anyone wishing to make positive lifestyle changes

These sessions are confidential and free to attend and you can book a one-to-one appointment with a community co-counsellor simply by contacting us to arrange a convenient time.