

## 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.

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.

### We require volunteers to help in the Shop & Café

If you are interested, please call in for a Volunteer Application Form. We can cover expenses, provide support and training and many people find volunteering allows them to meet new friends and improves their chances of finding employment.

## Lonsdale Community Shop

Monday to Friday 9.00 am - 4.00 pm

Saturday 10.00 am to 3.00 pm

**Come in and grab a bargain!**

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

### 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.

### Latest News!

*The draft Newington Neighbourhood Plan is now available on our website and comments and feedback are welcomed!*

the  
**Tudortrust**



# Lonsdale Community Centre

## Activities

Spring 2019



LOTTERY FUNDED



Lonsdale  
Community  
Centre

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## MONDAYS

**Card Making Group 10.00 am - 12.00 noon**  
**£2.00 per session**

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

**Computer Access 10.00 am - 2.30pm**  
Free computer access for job seekers.

**Latin Line Dancing 11.00 am - 12.00 noon**  
**£3.00 per session**

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

**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 (Free!) 10.00 am - 12 noon**  
Can you knit, crochet, or cross stitch? Or would you like to learn how? If so why not join us?

**Computer Access 10.00 am - 2.30 pm**  
Free computer access for job seekers.

**Freestyle Embroidery 10.00 am to 12 noon**  
Three x 10 week courses run over the year. Free machine embroidery gives you complete freedom of movement to create stunning fabric designs.  
**£15 for 10 weeks.** Call for start dates,  
Booking essential

**Over 50's Computer Club 12 noon - 2.00 pm**  
**£2.00 per session**

One to one support and learning on all aspects of computers in a comfortable space.

**Sew it All 1.00 to 3.00 pm**  
Three x 10 week courses run over the year. Sew it all offers you the opportunity to create your own clothes & soft furnishings. Booking essential.  
**£15 for 10 weeks.** Call for start dates.

**Lonsdale Recreation Club 1.00 to 3.00 pm**  
This is a new social group for older people who may feel isolated and want to get out of the house and meet up with others. There is a range of games and activities. No need to book, just turn up!  
**£1.00 per session**

**Children's Dance Class 5.30 - 6.30 pm**  
**£2.00 per session**  
Ballroom & Latin dance classes for children from 3 years upwards.

## WEDNESDAYS

**Art Group 9.00 am - 1.00 pm**  
**£3.00 per session**

A long established group led by a volunteer who paint in both oil and watercolours. New members welcome , just come along!

**Indoor Market 9.00 am - 12.30 pm**  
A selection of cards, books and products for sale.

**Computer Access 10.00 am - 2.30 pm**  
Free computer access for job seekers.

## THURSDAYS

**Drama Group 7.30 - 9.30 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.



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