

Northway Community Hub Weekly Timetable

Day	Time	Activity	Information
Monday (term time)	9:30 - 10:15	Move More: Mighty Movers	Free early years activity programme for children 2-4. Book at www.bookings.move-more.org/book/221590 (code NorthwayMM)
Monday	11:00 - 12:00	Zumba Gold	Low impact class. £6 PAYG. Contact Kirsty: 07885 545592
1 st Monday of the month	13:00 - 14:00	Northway Sing-A-Long Group	New members welcome. "If you enjoy singing along to the radio or to your favourite CD track, why not come & join us?"
4 th Monday of the month	11:00 - 13:00	CCP Cooking Group	Cook a low-budget meal & learn new kitchen skills while meeting new people. Contact James: 07593 446894, james.baker@ccp.org.uk
Monday	18:30	Happy & Healthy With Helen	Cancer prehab/rehab. Contact Helen: 07740 309750
2 nd Tuesday of the month	10:00	Armed Forces Veterans Coffee Morning	An opportunity for armed forces veterans & their families to meet
Tuesday	18:00 -19:15	Tewkesbury Yoga	Weekly Viniyoga class. Contact Rachel: 07916 883036, rachel@tewkesburyyoga.com
Tuesday	19:30 - 20:15	ChiChi Fit	A West-End workout to musicals. Contact Lilly: 07534 256449, lilly@chichi-fitness.co.uk
2 nd Weds of the month	10:30 - 12:00	Northway Book Exchange Group	Bring a book to exchange, enjoy good company & refreshments. New members welcome
1 st / 3 rd /5 th Weds of the month (except Aug)	12:30	Northway Luncheon Club	For over 60's. Sign up required (contact Northway Parish Council for more information (01684 297938)
1 st Weds of the month	12:00 - 13:00	CCP Housing Support	Drop-In. Contact: 03003 652002
Wednesday	18:00	Happy & Healthy with Helen	Wellness & weight loss class. Contact Helen: 07740 309750
Thursday	10:00 & 11:00	Fit for Life	Standing & seated class for older adults (10am - standing/seated; 11am chair based) Contact: 07596 969286, fitforlifegloucester@gmail.com
1 st Thurs of the month	13:30 - 15:00	Bingo	Cash prizes, raffle, refreshments
Thursday	18:00	Slimming World	Ross: 07525 065034, swwithross@gmail.com
Friday	9:30	Slimming World	Ross: 07525 065034, swwithross@gmail.com
Friday	10:30	Gentle Social Walks	Short, accessible walks for people over 75 who would like to be more active. Starting from Northway Community Hub & returning for refreshments.
Friday (term time)	17:30 - 19:00	1st Ashchurch Brownies	For girls aged 7-10. Contact Diane: di.1964@hotmail.co.uk www.girlguiding.org.uk
Saturday	16:00	Judah Ministries Group (M5Nine)	Come & enjoy fellowship & a great time of worship. Contact: info@m5nine.com / judah@m5nine.com 01684 252 659 / 292 818