Northway Community Hub Weekly Timetable

Day	Time	Activity	Information
Monday	11:00 - 12:00	Zumba Gold	Low impact class. £6 PAYG. Contact Kirsty: 07885 545592
4th Monday of the month	11:00 - 13:00	CCP Cooking Group	Cook a low-budget meal & learn kitchen skills. Contact james.baker@ccp.org.uk, 07593 446894
1st Monday of the month	14:00 - 15:00	Northway Sing-A-Long Group	"If you enjoy singing along to the radio or to your favourite CD track, why not come and join us?"
Monday	18:30	Happy & Healthy with Helen	Cancer prehab/rehab. Contact Helen: 07740 309750
2nd Tuesday of the month	10:00	Veterans Coffee Morning	An opportunity for armed forces veterans & their families to meet and have a cup of coffee & a chat
Tuesday	11:00 – 12:00	Healthy Lifestyles Glos	Free weight management sessions. Contact: 0800 755 5533 or www.HLSGLOS.org to sign up
Every other Tuesday	14:00 – 16:00	Knit & Natter	Run by M59 info@m5nine.com. Knit, chat & connect with local ladies.
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
2nd Weds of the month	10:30 - 12:00	Book Exchange Group	Bring a book to exchange, enjoy good company & refreshments. New members welcome
4th Weds of the month	10:00 – 13:00	Charlies Community Support	Free holistic therapies & support for anyone affected by cancer. Tel: 01452 939000
1st/ 3rd/5th Weds of the month (except Aug)	12:30	Northway Luncheon Club	Over 60's. Sign up required (contact Northway PC (01684 297938)
Wednesday	18:00	Happy & Healthy with Helen	Wellness & weight loss class. Contact Helen: 07740 309750
Thursday	10:00 & 11:00	Fit for Life	Strength & balance classes for older adult (standing or seated). 10am & 11am sessions. Contact: 07596 969286, fitforlifegloucester@gmail.com
1st Thurs of the month	10:30 – 12:30	DAISI Digital Support	Free digital support drop-in. Learn to use apps, manage online services & feel more confident with tech
1st Thurs of the month	13:30 - 15:00	Bingo	Cash prizes, raffle, refreshments.
Thursday	18:00	Slimming World	Consultant: Jayne
Friday	9:30	Slimming World	Contact Sue: 07760 668956
Friday	10:30	Gentle Social Walks	Short, accessible walks for people over 75. Starting from Northway Hub
Saturday	16:00	Judah Ministries (M5Nine)	Fellowship & worship. Contact: info@m5nine.com, 01684 252659 /292818