

# JAYWICK COMMUNITY RESOURCE CENTRE

## WHAT'S ON AT THE CENTRE

<b>Monday</b>	
Computer class	10.00am to 12.00noon
Baby clinic	1.30pm to 3.00pm
Mental health support	2.00pm to 4.00pm
Yoga (10 weeks)	5.30pm to 7.00pm (from 20.04.09)
Bingo	7.00pm to 9.30pm
<b>Tuesday</b>	
Writing group	2.00pm to 3.30pm (fortnightly)
Chat and play	1.00pm to 2.30pm (commencing 12.05.09 - Surestart)
Carpet bowls	7.00pm to 9.00pm
<b>Wednesday</b>	
Crafty ladies	2.00pm to 4.00pm
Inclusion Ventures	6.00pm to 8.30pm
<b>Thursday</b>	
Diabetic clinic	10.00am to 12.30pm (twice monthly)
Computer class	1.00pm to 3.00pm
Bingo	1.30pm to 4.00pm
Line dancing	5.00pm to 7.00pm
Shape up programme	6.00pm to 7.30pm (from 23.04.09)
Fitness course	6.00pm to 7.15pm (from 23.04.09)
<b>Friday</b>	
Coffee morning	10.00am to 12noon (from 24.04.09)
Carpet bowls	2.00pm to 4.30pm
Auction	5.30pm to 10.00pm
<b>Saturday</b>	
Table top sale	First Saturday morning of each month
<b>Sunday</b>	
Frinton Gospel Church	4.00pm to 5.00pm

Apart from the above there are one off events such as:-

Tending Home Improvements Agency – Benefits advice – second Wednesday of each month.

**The centre is also available for hire for private functions at a very reasonable cost.**

**Please contact the administrator on 01255 423388**