

What's On @ Coniston Community Centre

Mondays:

Wonder of Women

A friendly group of women who meet for conversation and inspiring activities

Free Creche

10.30am - 12.30pm

£1.00

Call Millie on 01454 867076 for details

Street Dance for Kids

5pm - 6pm

£3.50

Yoga for Kids

6pm - 7pm

£3.50

Yoga for Adults

7pm - 8pm

£4.00

Karate

Coming soon!

Ask Vicky for details on 0117 9236878

Tuesdays:

- + Dance Fit with Nina**
9.30 - 10.30

- + Dance Fit for Over 55 year olds**
10.45am - 11.00am

- + Life Skills**
For adults with learning difficulties
11.30am - 2.00pm
Call Caroline for information on 0790869263

- + Water Colour Class**
Beginners welcome!
2.00pm - 4.30pm
£4.00

- + Beginners Hip Hop 5 -8 year olds**
4. - 5.30
Call Liesel for more details 07871 436600

- + Intermediate Hip Hop 9 - 12 year olds**
5.30 - 6.15pm
Call Liesel for more details 07871 436600

- + ZUMBA**
For all levels
With an experienced, fun and energetic teacher
Call Liesel for more details 07871 436600

- + Link Club**
A friendly social club for adults with learning difficulties
Call Caroline for information on 0790869263

Wednesdays:

- ✚ **Stepping Out**
Nail Cutting Service for the over 50s. Every other Wednesday by appointment 9.30-1.30pm. Contact 01454- 858 750

- ✚ **North Bristol Advice - Free drop in sessions**
9.30am - 12.30pm
Call Jude on 0117 9515751 or details

- ✚ **Stepping Out Nail Cutting**
9.30pm - 1.30pm
Appointment only, please call AgeUk 01454 858750

- ✚ **Patchway Art's and Craft Club**
7.30pm - 9.30pm

- ✚ **Hypnotherapy**

Combating Stress and Anxiety	6.00 - 7.00pm
Manifest the Life you Want	7.15 - 8.15pm
Motivation for Weight Loss	8.30 - 9.30pm

Thursdays

- ✚ **South Gloucestershire Law Service - Free drop in sessions**
10.00am - 12.00 pm
Call Madeleine on 07824 324512

- ✚ **Modern Jazz for under 12 year olds**
5.00 - 5.45pm
Call Liesel for more details 07871 436600

- ✚ Teen Hip Hop for over 13 year old
5.45 - 6.30pm
Call Liesel for more details 07871 436600

- ✚ Adult Street and Hip Hop - Adults all levels
6.30 - 7.30pm

- ✚ Chess Club
Call Mike for more details on 0117 9070558

- ✚ French Classes
Call Elise for details on 07935644940 or email
elisesira@hotmail.com

Fridays

- ✚ Yoga for Harmony
12.30pm - 1.30pm
Call Claire for details on 07890148587

- ✚ Watercolour Class
2.30pm - 4.30pm
Call Vicky on 0117 9236878 for information

Also based at Coniston Community Centre are Southern Brooks Community Partnership who run various groups and events, BAT (Battle Against Tranquilisers) the support and advice group, The South Gloucestershire Chinese and Asian Association, South Gloucestershire Law Advice, North Bristol Debt Advice and Orchard and Shipman Housing Advice. All these services are free to access. We are also expecting a cannabis support group, and an LGBT group to begin at Coniston Community Centre soon.

Also, if you would like to hire the rooms for a meeting, party or another event please contact Vicky the centre manager - I'll either be on reception or call me on 0117 9236878 or email info@conistoncommunitycentre.org.uk