

Middlesbrough Activities Timetable

Monday	Monday	Tuesday	Wednesday	Thursday	Friday	Friday
<p>Indoor Carpet Bowls Grove Hill Community Centre Weekly 10:30-1:30</p>	<p>Connections Café Parkway Centre Mall Last Monday of the month 10:30-12:30</p>	<p>Phoenix Coffee Morning Acklam Community Hub First and Third Tuesday of the month 10:00-12:00</p>	<p>Veterans Brunch Club Beachfield Court, Thorntree Weekly 10.30-12.00 (Contact Helen 01642 805500)</p>	<p>Wellbeing Social Hemlington Library Weekly 2pm-3pm Safe, warm space to make new friends.</p>	<p>Digital Champions Woodside Hub Fortnightly, 2nd and 4th Fridays of the month. 10-4pm or Acklam Library Drop-in Weekly 1.30pm-3.30pm.</p>	<p>Sensory Group Grove Hill Community Hub and Woodside Dementia HUB 10.30-12.00 Please contact Tina to book a space on 01642 805500</p>
<p>Walk 'n' Talk Stewart Park Weekly 11:00-1:00</p>	<p>Connections Café Holiday Inn Express First Monday of the month 10:30-12:00</p>	<p>Phoenix Social Grove Hill Community Hub First Tuesday of the month 2:00-3:30</p>		<p>Walk 'n' Talk Stewart Park Weekly 11:00-1:00</p>	<p>Sing Along Sessions Woodside Dementia Hub Last Friday of the month. 10-11.30am Please call to book.</p>	
					<p>Friday Friends Woodside Dementia HUB Weekly 1:00-3:00 Booking required</p>	

**For more information or to book a place please call
Tina on 01642 805500**