

Middlesbrough Activities Timetable

Monday	Monday	Tuesday	Tuesday	Wednesday	Thursday	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 Third Tuesday of the month 10:00-12:00</p>	<p>Picnic in the Park Bring along a picnic & a chair Stewarts Park 11:00 – 1:00 Last Tuesday of April, June & August</p>	<p>Veterans Brunch Club Jellystone Park, Eden Road Weekly from Feb 16th 10:30-12:00</p>	<p>Chair Based Exercise Hemlington Recreational Centre Cass House Rd TS8 9QW Bi-weekly from Feb 3rd 9:00-10:00</p>	<p>Sing Along Sessions Woodside Dementia HUB Last Friday of the month 10:00-11:30 please call to book</p>
<p>Walk 'n' Talk Stewart Park Weekly 11:00-1:00</p>	<p>Jellystone Gardens Grove Hill Weekly 2:00-4:00</p>	<p>Phoenix Social Grove Hill Community Hub First Tuesday of the month 2:00-3:30</p>	<p>Phoenix Social Marton Community Centre Fourth Tuesday of the month 2:00-3:30</p>		<p>Walk 'n' Talk Stewart Park Weekly 11:00-1:00</p>	<p>Music in Hospital concerts Woodside Dementia HUB Monthly - please call for dates Starts at 10:30</p>
<p>Zumba Gold Call Glyn on 07828116854 to book 6:00-7:00pm (Saturday sessions also available)</p>	<p>Pop-up Connections Cafe M&S café Hill Street Centre Second Monday of the month 3:30pm - 4:30pm</p>				<p>Walk 'n' Talk Hemlington Lake (meet outside the library) Weekly 1:30-3:30</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**