

# **Timetable of Regular Activities at Bridgend Centre**

**Open Monday to Friday 10am – 4.30pm,  
Sat 10am - 2pm**



Tea, Coffee and Biscuits, Charity Shop, Internet Café, Community Support, Local Information & Souvenirs, Health & Educational Activities (please note there is a small charge), Community Projects

**Monday to Friday** Charity Shop open from 10.00am to 4.30pm. Internet Café available all day

## **Monday**

10:30 am—11:30am	Mindfulness	Education Room (from 5th Sep)
1:00pm—3:00pm	Jewellery Making—(£6 including materials)	Education Room (from 5th Sep)
2:00pm – 3:00pm	Talk and Games (TaG)	Library

## **Tuesday**

10.15am – 12:30pm	Crafts	Library
10:30—12:00pm	Bridgend Tots	Education Room
1:30pm – 4:00pm	Art Club	Education Room
2.00pm – 4.00pm	Reading Group (2 <sup>nd</sup> Tues of month)	Library

## **Wednesday**

10.15am – 1:00pm	Guided Walk (1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup> & 4 <sup>th</sup> Wed of month)	Walk of 3 to 8 miles**
2.15pm – 4.15pm	Creative Writing (every fortnight)	Education Room
2.00pm – 4.00pm	Mah Jong	Library

## **Thursday**

10.30am – 12:00pm	Yoga	Education Room
11:00am – 12.30pm	Reading Circle	Library
2:00pm —3:00pm	Reminiscence	Library

## **Friday**

10:30am—12:00 noon	Community Choir (£4)	Education Room
10:00am—12:00 noon	Social 'Knitwork'	Library
2:30pm—4:00pm	iTea and Chat	Library (Every two weeks)

\*One-to-one computer classes by appointment

\*\*Please see 'Walking for Health' Routes leaflet or look on website

Sessions are £3 unless otherwise marked

