

What's on

Murdishaw Community Centre



Mondays

Country Garden Café (Free Wi-fi)	9:30am – 2:30pm
“GOAL” – support group for chronic pain sufferers	10:00am – 1:00pm
Stroke Association (fortnightly)	12:30pm – 2:45pm
“Halton Mayors Award” (for 10 – 13 year olds) run by Young Addaction	4:00pm – 5:00pm
“Nimble Thimbles” Group - needlecraft (Fortnightly)	6:45pm – 9:15pm

Tuesdays

Country Garden Café (Free Wi-fi)	9:30am – 2:30pm
“Lunch Bunch” Dementia support group	12:15pm – 2:45pm
Slimming World (2 classes)	5:00pm + 7:00pm

Wednesdays

Country Garden Café (Free Wi-fi)	9:30am – 2:30pm
“Movers & Shakers” – for under 5's	10:00am – 11:00am
“Breakaways” Ukelele players	2:00pm – 3:30pm
Yoga with Sally	6:00pm – 7:00pm
“Sweaty Mama” exercise class – “Bootcamp” - all abilities.	7:15pm – 8:15pm
Paper Craft & Cardmaking	7:30pm – 9:30pm

Thursdays

Country Garden Café (Free Wi-fi)	9:30am – 2:30pm
Murdishaw Art Co-operative	9:45am – 12:15pm
“Sweaty Mama” exercise class – “Mum & child” - all abilities.	10:15am – 11:15am
Beginners Art - Murdishaw Art Co-operative	1:00pm – 3:00pm
Bingo	1:00pm – 3:00pm
Labour Councillors Surgery	7:00pm – 7:30pm
Popmo (Exercise to music class)	6:30pm – 7:30pm
East Runcorn Labour Party Meeting (First Thursday of each Month)	7:30pm – 10:00pm

Fridays

Country Garden Café (Free Wi-fi)	9:30am – 2:30pm
“SUPPORT Stop Smoking” sessions. “Drop in” (“New” enrolment from 9:30am)	9:30am – 11:30am
“Breakaways” Ukelele players	2:00pm – 3:30pm
Over 40's “Social Evening” (1st Friday of each month)	7:00pm – 11:30pm

Saturday

Slimming World (2 classes)	7:15am & 9:15am
Core Assets – fortnightly activity sessions for children with a disability	1:30pm – 4:30pm

The Centre is available for hire for Children's Parties, Meetings, Training Courses Etc.
Police (PCSO) Surgery – each week - day & times vary - Contact Centre Staff for Details.

New starting on Wednesday 6th March – Streetdance with Beth,
two classes 4:45pm – 5:30pm (Age 5 – 8) & 5:30pm – 6:15pm (Age 9+)

Murdishaw Community Centre
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