

# 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)   | 12:15pm – 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  |
| Police “community first” drop in meetings (1 <sup>st</sup> Monday of each month) | 5:00pm – 6:00pm  |

### Tuesdays

|                                      |                  |
|--------------------------------------|------------------|
| Country Garden Café (Free Wi-fi)     | 9:30am – 2:30pm  |
| Boxercise (Exercise class)           | 9:30am – 10:30am |
| “Lunch Bunch” Dementia support group | 12:15pm – 3:00pm |
| 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   |
| “Sweaty Mama” exercise class – “Bootcamp” - all abilities. | 7:30pm – 8:30pm   |
| 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 10:30am) | 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 during the summer)                               | 8am & 10am      |
| 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.  
H.E.L.P.S Sales (Low cost Child Safety Equipment) Contact Centre Staff for Details.

The Centre will be holding a family fun event during the summer holidays on Wednesday 15<sup>th</sup> August, 1pm – 4pm, featuring music, games, bouncy castle, Birds of prey, stalls etc. Free admission.

**Murdishaw Community Centre**  
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